

# HOME WORKOUT HANDBOOK



**OVER 20**  
workout plans  
**INSIDE**

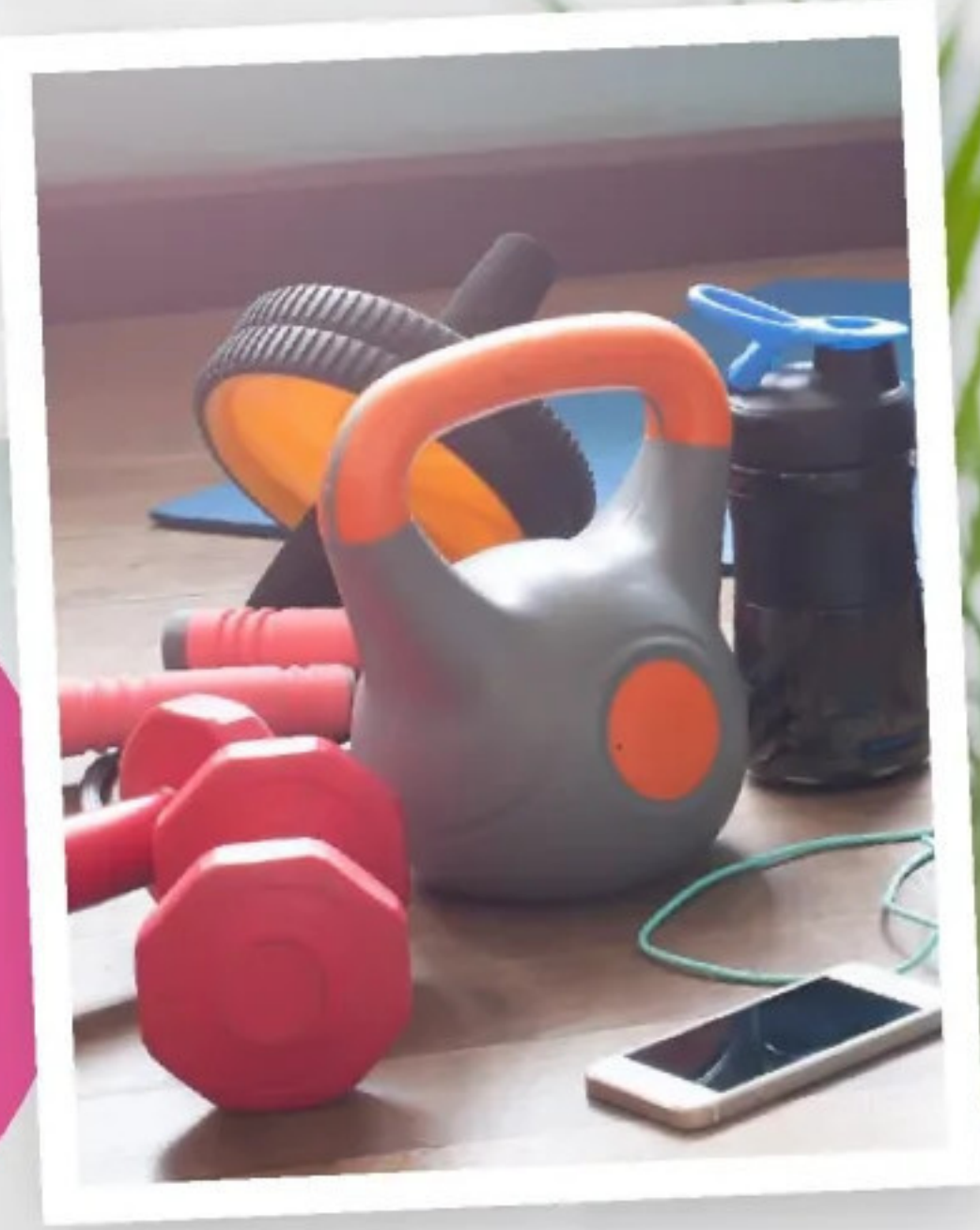


**THE BEST  
BODY FUEL**

**STAY IN  
SHAPE**  
with these  
**ESSENTIAL**  
home workouts



**NO  
GYM  
REQUIRED**



**EXPERT  
HELP**  
from leading  
personal trainers

**BURN FAT,  
STAY TONED  
AND MORE!**



**132**  
PAGES OF  
EXPERT  
ADVICE

**Digital  
Edition**



+ HOW TOS + HEALTH TIPS + QUIZZES + ADVICE



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# Welcome

**E**xercise is a critical part of staying fit and well. Even short bursts of working out can prove to be just as beneficial as a lengthy session at a gym or an intensive fitness class - as well as being a lot more practical. However, many of us struggle to find the time to travel to a gym and work out. But what if you didn't have to? What if you could still maintain a healthy lifestyle and exercise from your home?

Well, you can and we will show you how with an exciting and convenient collection of workouts you can do from your home or local neighbourhood. From blood-pumping cardio regimens that will push your entire body to muscle-toning routines that will sculpt your arms, abs, legs and more. No matter where you are when it comes to fitness, there's a plan for you. And the best part? They're low on time and high on reward, meaning that you can fit these essential workouts into your day-to-day life, no problem. At the start or end of a work-from-home session, perhaps? Plus, you'll start to feel the benefits of a healthier body in no time.

So, let's get started. Grab some workout clothes, slip on a pair of trainers and take the first steps on your home workout journey! You won't regret it.

## IS HOME FITNESS EFFECTIVE?

The short answer is yes. Many feel that going to the gym is inconvenient or too scary to even try, so working out at home is a safe and time-effective way to combat that. Everything you need to keep yourself in shape can be done with either your body alone or with equipment that can be easily stashed away in a cupboard.

That's not to say working out at a gym should be discarded, though. If you have the time, and you feel comfortable enough to go, then the communal spirit and equipment on offer will be of immediate benefit to you.



「 FUTURE 」



# HOME WORKOUT HANDBOOK



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Remember, don't rush into a workout routine without stretching and warming up first. Stretching is an often-neglected part of exercise that will keep your body limber. Warming up, meanwhile, will activate the nerve signals to your muscles and make them more responsive and improve your reaction times.



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## Feel the benefits

Regular exercise is an important way of staying healthy. According to the UK's NHS, it can reduce the risk of major illnesses such as heart disease, stroke, type 2 diabetes and cancer by up to 50%. Working out will also make you feel better mentally: it can relieve stress, combat depression, improve memory, enhance sleep and boost your overall mood.

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Photo Getty





# ***FULL-BODY AND CARDIO***

Cardio is a major cornerstone of your exercise regimen that you shouldn't skip out on. These workouts are key if you want to build your endurance, improve your circulation and keep your heart in excellent working order. In this section, you'll find an array of blood-pumping workouts that will use your entire body, from runs you can do to kickstart your day to intensive drills that are perfect for a 20-minute burst. So what are you waiting for? It's time to get that heart beating.



---

# Step up,

# STAIRS

Getting fit and burning fat is as simple as putting one foot in front of the other. Personal trainer Hollie Philippa shows how you can power-walk off the pounds in just 30 minutes



# WALK!

**W**alking is an effective way to stay in shape - and what could be easier than opening your front door, stepping outside into your local area and putting one foot in front of the other? But you might want to forget your leisurely stroll - this four-week plan created by celebrity personal trainer Hollie Philippa promises to get those glutes, hamstrings, quads and calves moving, to burn calories, torch fat and give you a toned, taut body.

Perfect for a pre or post-work session, this 30-minute workout only requires a pair of trainers and four weeks of determination. Turn the page and let's get started...



# Your *step into shape*

This plan is definitely more power-walk than pootle. Hollie’s walking workout focuses on boosting strength and burning cals in her HIIT, hill and distance routines. And all you need is you, your trainers and 30 minutes.

Have a day’s rest between each workout.

|          | WEEK 1                                                                                      | WEEK 2                                                                                                                         | WEEK 3                                                                                                                                                                                                                                                                  | WEEK 4                                                                                                                             |
|----------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| HIIT     | Power-walk for 25 minutes. Complete 20 walking lunges either side of this.                  | Alternate your speed between as fast as you can go before you break into a jog and a brisk walk for 30 minutes.                | Intersperse 20 walking lunges, 20 squats and 20 star jumps with 5 minutes of power-walking in between each set.                                                                                                                                                         | Repeat the HIIT workout in week 3 but try to up the number of reps to 30 and increase the power-walking pace, without losing form. |
| HILL     | Find a hill and power-walk up it and then down. Repeat for 30 minutes and count your steps. | Repeat the hill workout in week 1, but increase your pace. (If you own an adjustable treadmill at home, you can use this too.) | Start with a warm-up walk for 2.5 mins. Then intersperse 5 mins walking briskly on a flat area with 5 mins walking uphill. For each uphill interval, try and find a steeper incline. If your form is slipping, reduce speed. Finish with a cool-down walk for 2.5 mins. | Find the steepest hill you can find in your local area and every 5 minutes try to increase your leg speed.                         |
| DISTANCE | Complete a steady 30-minute walk. Count how many steps you do.                              | Complete a 15-minute walk. Then try to beat your time on the way back. (So you should complete this in under 30 minutes.)      | Complete a 30-minute walk and try to beat the number of steps you did in week 1.                                                                                                                                                                                        | Repeat the workout from week 2, but try to improve your time.                                                                      |

## WHAT YOUR WORKOUT MEANS

**HIIT** These sessions will torch fat and cals, without the impact of running. Plus, adding in moves such as squats and walking lunges will boost the burn.

**HILL** These workouts will ramp up your cardio and strengthen and tone your legs and bum.

**DISTANCE** Clocking up the miles will shave off pounds and build endurance.

Did you know?

Downhill walking is more effective than uphill walking in improving your glucose tolerance – that’s your ability to remove glucose out of your blood and into your cells.

120

That’s the optimum number of beats per minute for walking tunes that will get you going further and faster.



# plan

## FULL BODY AND CARDIO

### Top tip

Switch overstriding for short, sharp steps to bump up speed and burn cal.

### YOUR WALKING WARDROBE

Having the right kit will help you boost your performance. Here are your get-marching must-haves.

#### Exercise top

Layering is key to keep your body at an optimum temperature when you exercise - especially during the colder autumn months. When looking at fitness gear, it's best to look for clothing that can deal with sweat and is fast-drying for the most comfortable results.



#### Waterproof jacket

Don't be afraid to add a layer when the cold or wet weather rolls in.

Waterproof jackets with thermal stretch fabric across your back and under your arms will keep you dry and moving with ease.



#### Running trainers

Footwear is key when it comes to running. Look for trainers that are specially designed for footwork - a good midsole provides agility and stability on uneven surfaces, while a well-made outsole will help give you superior grip and traction in wet and dry weather.



### IF THE BOOT FITS...

If you're heading off-track, it's essential you wear the right footwear for the job. Let's take a look at three rules you should follow to find the perfect fit for you...

**1** Make sure you have enough room around the foot for comfort. It should feel secure, with no heel lift. But your toes should have some room for movement and shouldn't be pressing the front of the boot.

**2** Try your boots on in the afternoon. A day in the hills causes your feet to expand slightly, so trying them on later in the day will give you a more realistic idea of how they feel when you need comfort the most.

**3** If you're stepping on well-trodden paths, then choose a lightweight boot with a reasonable amount of flexibility. But if you're trekking on uneven, steep ground, you'll need a more rigid boot with good ankle support.

### HOLLIE'S POST-RAMBLE REFRESHMENT

Frozen red berries (raspberries, strawberries, redcurrants) + 250ml coconut water + pinch cinnamon = rehydrating, muscle-mending, free-radical-fighting smoothie.



# ONLY YOUR

**Want to get fit but short on time? Celebrity trainer Chris Richardson helps you run into shape by combining cardio with strength sessions...**





## WARRIORS

**R**unning is an excellent cardio exercise you can perform in your local neighbourhood or park. But before you dust off your trainers, you may be pleased to hear that relentlessly pounding the pavement might not be on the cards. Whether you're a newbie or trying to achieve your personal best, you need to mix things up a bit if you want to get faster and stronger, as well as burn fat and tone up. "Including strengthening exercises in your running workout is as important as the running itself," says Chris. "They help stretch and lengthen tight muscles, build core strength (the engine of your body) and improve posture and body condition to help you run with minimal effort." And the best part? We know it's hard to fit in long workouts into your routine, so blending a running cardio routine and strength sesh together means you've combined your exercise needs into one ultimate 30-minute workout. So lace up and let's get going...





# Your **RUNPLUS** programme

Chris has created two plans (beginners and advanced) to boost performance, technique and fitness. “If you’re at the early stages of exercising, I’d suggest the beginner’s plan,” says Chris. “If you’ve been running for more than 4-6 months, go for the advanced.”

Each session is based around ‘Fartlek training’ – a combination of high and low/moderate intensity runs, combined

with whole body exercises. We’ve started each workout with the strength section to ensure you have enough energy for these exercises to maintain good form. But, if you’re looking to max your calorie burn, switch these sections around. You’ll ramp up your heart rate and body temperature, which increases your metabolism.

## THAT’S CLEVER!

Try downing a glass of beetroot juice before your run, to help you perform longer and harder.

Perform on alternate days.

The score out of 10 indicates how fast your pace should be – one being a walk and 10 being as fast as you can run.

## SAYWHAT...?

Here’s how to do those lesser-known moves  
**COBRA**

Lie face down on the floor, hands either side of your chest, elbows in. Push up, lifting your head, neck and chest off the floor, and hold.

### JUMPING

### SPLIT LUNGE

Lunge with both legs bent at 90 degrees. Engage your core, jump as high as you can and switch the position of your legs in mid-air. Land in a lunge with back leg forwards and front leg back.

### SINGLE LEG

### DEADLIFT

Hinge forwards at your hips, stick your right leg out behind you and lower your weight to the floor. Extend your left arm out and back to aid stability. Switch sides and repeat.

## BEGINNERS

|        | WORKOUT 1                                                                                                                                                                                                    | WORKOUT 2                                                                                                                                                                                                    | WORKOUT 3                                                                                                                                                                                                    |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | Squat <b>x 8</b><br>Lunge <b>x 8</b><br>Cobra <b>x 8</b><br>30 sec Plank<br>Run for 2 mins (exertion 5/10)<br>Walk for 1 min<br>Repeat running section <b>x 5</b>                                            | Squat <b>x 10</b><br>Lunge <b>x 10</b><br>Cobra <b>x 10</b><br>40 sec Plank<br>Run for 2 mins (exertion 5/10)<br>Walk for 50 secs<br>Repeat running section <b>x 5</b>                                       | Squat <b>x 12</b><br>Lunge <b>x 12</b><br>Cobra <b>x 12</b><br>45 sec Plank<br>Run for 2 mins (exertion 5/10)<br>Walk for 40 secs<br>Repeat running section <b>x 5</b>                                       |
| WEEK 2 | Squat <b>x 14</b><br>Lunge <b>x 14</b><br>Cobra <b>x 14</b><br>45 sec Plank<br>Run for 3 mins (exertion 6/10)<br>Walk for 1 min<br>Repeat running section <b>x 5</b>                                         | Squat <b>x 16</b><br>Lunge <b>x 16</b><br>Cobra <b>x 16</b><br>55 sec plank<br>Run for 3 mins (exertion 6/10)<br>Walk for 50 secs<br>Repeat running section <b>x 5</b>                                       | Squat <b>x 18</b><br>Lunge <b>x 18</b><br>Cobra <b>x 18</b><br>60 sec plank<br>Run for 3 mins (exertion 6/10)<br>Walk for 40 secs<br>Repeat running section <b>x 5</b>                                       |
| WEEK 3 | Squat <b>x 20</b><br>Lunge <b>x 20</b><br>Cobra <b>x 20</b><br>65 sec plank<br>Run for 3 mins (exertion 7/10)<br>Sprint for 10 secs (exertion 9/10)<br>Walk for 50 secs<br>Repeat running section <b>x 5</b> | Squat <b>x 22</b><br>Lunge <b>x 22</b><br>Cobra <b>x 22</b><br>70 sec plank<br>Run for 3 mins (exertion 7/10)<br>Sprint for 10 secs (exertion 9/10)<br>Walk for 45 secs<br>Repeat running section <b>x 5</b> | Squat <b>x 24</b><br>Lunge <b>x 24</b><br>Cobra <b>x 24</b><br>75 sec plank<br>Run for 3 mins (exertion 7/10)<br>Sprint for 10 secs (exertion 9/10)<br>Walk for 40 secs<br>Repeat running section <b>x 5</b> |
| WEEK 4 | Squat <b>x 26</b><br>Lunge <b>x 26</b><br>Cobra <b>x 26</b><br>80 sec plank<br>Run for 4 mins (exertion 7/10)<br>Sprint for 15 secs (exertion 9/10)<br>Walk for 50 secs<br>Repeat running section <b>x 4</b> | Squat <b>x 28</b><br>Lunge <b>x 28</b><br>Cobra <b>x 28</b><br>85 sec plank<br>Run for 4 mins (exertion 7/10)<br>Sprint for 15 secs (exertion 9/10)<br>Walk for 40 secs<br>Repeat running section <b>x 4</b> | Squat <b>x 30</b><br>Lunge <b>x 30</b><br>Cobra <b>x 30</b><br>90 sec plank<br>Run for 4 mins (exertion 7/10)<br>Sprint for 15 secs (exertion 9/10)<br>Walk for 30 secs<br>Repeat running section <b>x 4</b> |

## PUT MAGNESIUM ON THE MENU

‘Consuming more magnesium as part of your daily diet will help reduce muscle and nerve twitches, preventing spasms and cramping,’ says nutritionist Liam Mahoney at sports performance brand Grenade (grenade.com). It will also help your body turn food into energy.

### ROUGH GUIDE TO YOUR TOP SOURCES

Cheddar cheese = **27mg\*** (\*Per 100g)

Cooked chicken breast = **29mg**

Cooked salmon = **30mg**

Cooked brown rice = **39mg**

Raw spinach = **79mg**

Hazelnut butter = **154mg**



# FULL BODY AND CARDIO

Combining strength and cardio workouts will help build core strength and burn fat.

## ADVANCED

Completed the beginners plan? You may want to ease into week 1 of the advanced programme, but repeat week 1 for 2 weeks before advancing

### WORKOUT 1

### WORKOUT 2

### WORKOUT 3

#### WEEK 1

Jumping squat **x10**  
Jumping split lunge **x10**  
Alternate single leg deadlift **x10**  
30 sec burpees  
Moderate to high-tempo run for 4 mins (exertion 7/10)  
Sprint for 15 secs (exertion 8/10)  
Walk for 35 secs  
Repeat running section **x3**

Jumping squat **x12**  
Jumping split lunge **x12**  
Alternate single leg deadlift **x12**  
35 sec burpees  
Moderate to high-tempo run for 4 mins (exertion 7/10)  
Sprint for 15 secs (exertion 8/10)  
Walk for 30 secs  
Repeat running section **x3**

Jumping squat **x14**  
Jumping split lunge **x14**  
Alternate single leg deadlift **x14**  
40 sec burpees  
Moderate to high-tempo run for 4 mins (exertion 7/10)  
Sprint for 15 secs (exertion 8/10)  
Walk for 25 secs  
Repeat running section **x3**

#### WEEK 2

Jumping squat **x16**  
Jumping split lunge **x16**  
Alternate single leg deadlift **x16**  
45 sec burpees  
Moderate to high-tempo run for 4 mins (exertion 7/10)  
Hill sprint for 10 secs (exertion 9/10)  
Walk for 25 secs  
Repeat running section **x4**

Jumping squat **x18**  
Jumping split lunge **x18**  
Alternate single leg deadlift **x18**  
50 sec burpees  
Moderate to high-tempo run for 4 mins (exertion 7/10)  
Hill sprint for 15 secs (exertion 9/10)  
Walk for 20 secs  
Repeat running section **x4**

Jumping squat **x20**  
Jumping split lunge **x20**  
Alternate single leg deadlift **x20**  
55 sec burpees  
Moderate to high-tempo run for 4 mins (exertion 7/10)  
Hill sprint for 10 secs (exertion 9/10)  
Walk for 15 secs  
Repeat running section **x4**

#### WEEK 3

Jumping squat **x22**  
Jumping split lunge **x22**  
Alternate single leg deadlift **x22**  
60 sec burpees  
Moderate to high-tempo run for 5 mins (exertion 7.5/10)  
Hill sprint for 15 secs (exertion 9/10)  
Walk for 25 secs  
Repeat running section **x3**

Jumping squat **x24**  
Jumping split lunge **x24**  
Alternate single leg deadlift **x24**  
65 sec burpees  
Moderate to high-tempo run for 5 mins (exertion 7.5/10)  
Hill sprint for 15 secs (exertion 9/10)  
Walk for 25 secs  
Repeat running section **x3**

Jumping squat **x26**  
Jumping split lunge **x26**  
Alternate single leg deadlift **x26**  
70 sec burpees  
Moderate to high-tempo run for 5 mins (exertion 7.5/10)  
Hill sprint for 15 secs (exertion 9/10)  
Walk for 15 secs  
Repeat running section **x3**

#### WEEK 4

Jumping squat **x29**  
Jumping split lunge **x29**  
Alternate single leg deadlift **x29**  
75 sec burpees  
Moderate to high-tempo run for 5 mins (exertion 8/10)  
Hill sprint for 15 secs (exertion 10/10)  
Walk for 25 secs  
Repeat running section **x4**

Jumping squat **x32**  
Jumping split lunge **x32**  
Alternate single leg deadlift **x32**  
80 sec burpees  
Moderate to high-tempo run for 5 mins (exertion 8/10)  
Hill sprint for 15 secs (exertion 10/10)  
Walk for 20 secs  
Repeat running section **x4**

Jumping squat **x35**  
Jumping split lunge **x35**  
Alternate single leg deadlift **x35**  
85 sec burpees  
Moderate to high-tempo run for 5 mins (exertion 8/10)  
Hill sprint for 15 secs (exertion 10/10)  
Walk for 15 secs  
Repeat running section **x4**

## RUNNING KIT

### Winter jacket

Odds are you'll do a morning or evening run, and it can get cold out there! A good sports jacket will help combat that, and a reflective one will help keep you visible if you plan on running near roads.



### Fitness tracker

Wearable trackers such as a Fitbit are perfect for providing you with running data. Metrics like your pace, heart rate and steps are ideal if you're the type of person who likes to analyse their workouts.



### Good trainers

Make sure to pick a good pair of trainers for your runs that fit well. If they're too tight you run the risk of forming painful blisters on your feet, which could set you back.



WORDS: NATALIA LUBOMIRSKI PHOTOS: GETTY IMAGES



# Are you **RUNNING RIGHT?**

Going out for a jog can be great for your health - but poor technique or exercise gear may stop you getting the most out of your workout and even lead to injury. Take our quiz to help boost your performance

## DO YOUR SHOES FIT?

### ARE YOUR TRAINERS...

- ☐ **Too small - do your toes feel cramped?**
- ☐ **Too big - is your foot moving about?**
- ☐ **Causing you blisters - new shoes may rub your heel but are you getting sore spots on your toes, too?**
- ☐ **Flexing too much - when you bend them down do they refuse to bounce back or resist?**

### **SORT IT!**

» Ticked any of these boxes? It's time for a new pair. So, what should you look for? "Comfort is key," says Saucony technical representative Joe Wells. "If you're blistering around the forefoot, your shoes are too small. Your toes need room to spread out to maintain stability and there should be at least a thumb's width between your big toe and the top of your trainer."

» Your shoe should feel secure, with no movement. For how to boost ankle support with your laces, check out "A tip from Illumiseen: How to prevent running shoe

blisters with a heel lock" on YouTube. And while trainers may flex, they should bounce back into shape. If not, they have run their course.

» Joe also recommends having at least two different types of shoes to suit your different workouts. For longer, steadier and recovery runs, try a trainer with a higher off-set (difference in height between heel and toe of the shoe), more support and cushioning. For shorter tempo/threshold runs and races, try a lighter, less cushioned, lower off-set pair.

**Did you know?**

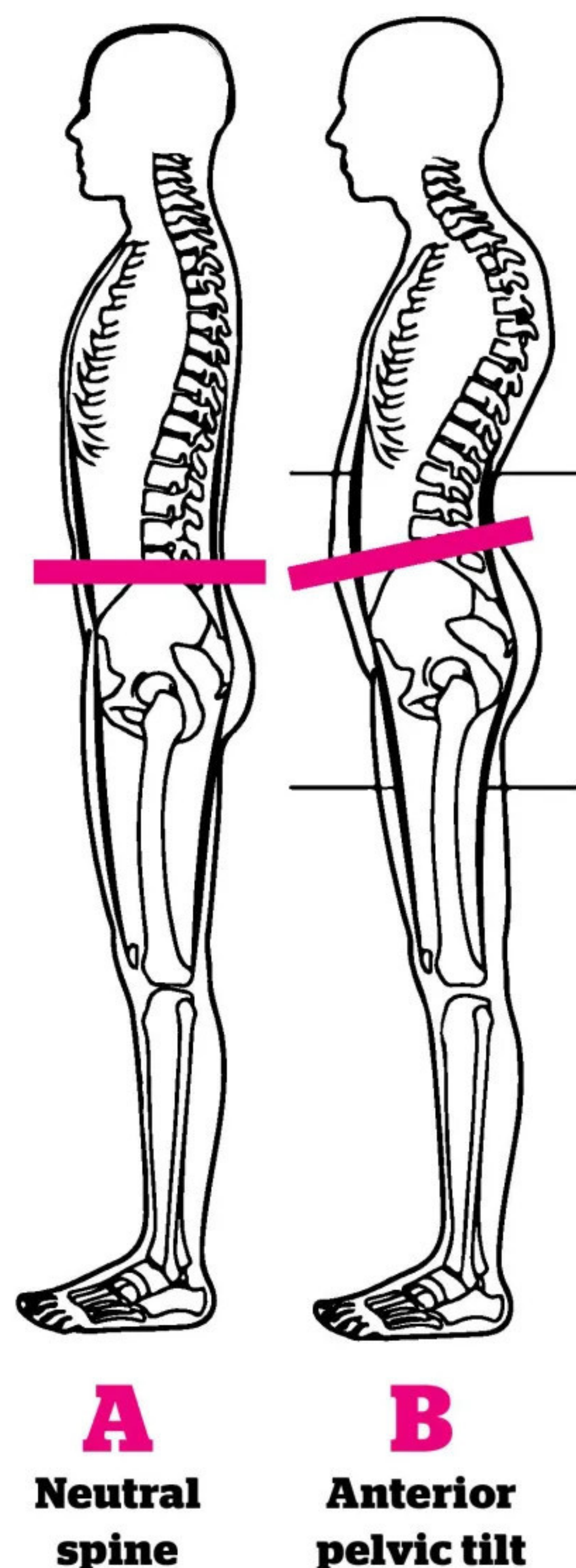
Rotating between two shoes will reduce your injury risk by 40%.



## IS YOUR POSTURE PERFECT?

Nailing the correct running position is key. A gait analysis in a running store can investigate yours. Or get a friend to film you running - Saucony's free app Stride Lab can help.

### WHAT DO YOU LOOK LIKE?



### SORT IT!

» **POSTURE A** You're right on the mark. This is a neutral spine, which means your abs and glutes are engaged and your hamstrings, hip flexors and back are relaxed.

**POSTURE B** You need to work on neutralising your spine. Increasing core and glute strength can help, so try these exercises. Also focus on landing your foot underneath your body - increasing your cadence should improve this, too.

#### ABS: THE SUPERMAN POSE

Lie face down, raise one arm off the ground, hold for 20-30 seconds. Lower, then raise the other arm. Do the same with your legs. Then try holding an alternate leg and arm off the ground at the same time. Then switch sides.

#### GLUTES: ONE-LEG SQUATS

Balance on your right foot and squat down, bending your right knee and sitting your hips down. Keep your left leg out in front of you. Pause, then engage glutes to return to standing; switch sides.

## WHAT DOES YOUR PAIN MEAN?

If you're sore after a run, where the pain is in your body may highlight issues with your training.

### DO YOU HAVE...

- ☐ Sore calves?
- ☐ Sore hamstrings?
- ☐ Sore glutes?

### SORT IT!

» **Calves sore?** You're overdoing it. "You need to take rest days, especially between high-intensity tempo runs," says Nick Anderson. "On off days, try heading out for a low-tempo run. Or if your resting heart rate is more than five beats higher than normal, take a full rest day."

» **Tight hamstrings?** You may not be engaging your glutes when running, meaning your thighs are taking the strain. Or it could indicate tight hip flexors. Downward Dog with single leg extension is great for relieving stiffness.

» **Glutes hurt?** You've simply had a good session. "If they're not firing up, everything else is taking the strain," says Joe. Activate your glutes before you run by doing the exercise left.

## HAVE YOU MASTERED YOUR CADENCE?

Getting your cadence - stride length - right can save energy and increase performance. Run for one minute and count the number of steps you do.

### HOW MANY STEPS DO YOU RUN IN A MINUTE?

- ☐ 170 steps
- ☐ 170-190 steps
- ☐ 180 steps

» 180 steps per minute is your optimum cadence, but anywhere between 170-190 is good. "If you're less than 170, it means you're overstriding, wasting energy and even putting yourself at risk of injury," says Joe.

### SORT IT!

» "Focus on running tall, with a slight forward lean," says Nick Anderson, Saucony UK Coach. Include faster training runs to help pick up your foot pace. "Your leg speed is also determined by your arm speed, so get those arms moving." Arms should be relaxed and bent at 90 degrees. They should pass in front and behind your torso to propel you forward, but don't let them cross in front of you.

## IN THE ZONE?

Running in the right heart rate (HR) zone (scored 1-5) is key to boosting fitness. Don't have an HR monitor? Follow our 'conversation' guide...

### WHICH ZONE ARE YOU RUNNING IN?

- ☐ Zone 1-2 (you can have a full conversation)
- ☐ Zone 3 (you can speak three or four-word sentences)
- ☐ Zone 4 (you can reply in single-word answers)
- ☐ Zone 5 (you cannot hold a conversation)

### SORT IT!

» "Your runs should combine a variety of intensities to target all heart rate zones," says Nick. "Complete one longer zone 2-3 run a week, one tempo training workout - four blocks of five-minute runs at level 4. When you've been training for a number of weeks, add in six-minute intervals at level 5, with a two-minute jog in between."





# STRONG fitter, slimmer

Want to boost your cardio fitness without spending time in the gym? You can with trainer Matt Roberts' 30 minute sessions

**D**on't have a gym membership? It doesn't matter. Don't have much time? That's not a problem, either. Celebrity fitness trainer Matt Roberts has created an exclusive cardio-focused circuit-training programme that you can fit into your busy lifestyle.

"Boosting your heart health is key if you are taking on endurance events,

such as a half marathon, so it's essential to incorporate cardio exercises into your weekly workout," Matt highlights. "This simple, yet effective, exercise plan targets your whole body. Plus, it will ramp up your heart rate and burn fat and calories."

The best things about it? It only takes 30 minutes and you won't waste time travelling because you don't have to leave the comfort of your sitting room.



FULL BODY AND CARDIO

ER  
er!



## TIP

If your fitness isn't quite up to scratch, focus on the less intense workout 1 initially. Repeat this 3 x a week and when you've mastered this, move on.

# No-gym cardio for busy lifestyles



Your trainer, Matt Roberts

There are three workouts to perform each week - try to space them out evenly (for example Monday, Thursday, Saturday) to make sure your body has time to recover. In week one, do each exercise for 30 seconds (unless otherwise stated). Repeat each circuit seven times, with a 1-minute break between sets.

## WORKOUT 1

## WORKOUT 2

## WORKOUT 3

### WEEK 1

» 2 minutes warm-up: jog on spot

#### CIRCUIT

» Jog on the spot with high knees. Press-up (on your knees). Partial squats (squat ¼ way down). Glute kickbacks. Jogging kickbacks

» 2 minutes warm-down: jog and stretching

» 2 minutes warm-up: jog on spot

#### CIRCUIT

» Reverse lunge high knees. Mountain climbers. Squats. Burpees. Plank

» 2 minutes warm-down: jog and stretching

» 2 minutes warm-up: jog on spot

#### CIRCUIT

» Kneeling step-ups. Tuck jumps. Jumping squats. Burpee press-up. Mountain climber twist

» 2 minutes warm-down: jog and stretching

### WEEK 2

» Repeat above but do each exercise for 40 seconds, repeat circuit x 6 and reduce rest time between circuits to just 50 seconds

» Repeat above but do each exercise for 40 seconds, repeat circuit x 6 and reduce rest time between circuits to just 50 seconds

» Repeat above but do each exercise for 40 seconds, repeat circuit x 6 and reduce rest time between circuits to just 50 seconds

### WEEK 3

» Repeat above but do each exercise for 50 seconds, repeat each circuit x 5 and reduce rest time between circuits to just 40 seconds

» Repeat above but do each exercise for 50 seconds, repeat each circuit x 5 and reduce rest time between circuits to just 40 seconds

» Repeat above but do each exercise for 50 seconds, repeat each circuit x 5 and reduce rest time between circuits to just 40 seconds

### WEEK 4

» Repeat above but do each exercise for 60 seconds, repeat each circuit x 5 and reduce rest time between circuits to just 30 seconds

» Repeat above but do each exercise for 60 seconds, repeat each circuit x 5 and reduce rest time between circuits to just 30 seconds

» Repeat above but do each exercise for 60 seconds, repeat each circuit x 5 and reduce rest time between circuits to just 30 seconds



## YOUR GET-FIT MOVES



### » GLUTE KICKBACK

Position yourself on your hands and knees. Lift your right leg up, so your thigh is parallel to the ground, your knee bent and the sole of your foot is facing the ceiling. Lower back down and repeat on the other side.

### » JOGGING KICKBACK

Jog on the spot, kicking legs up behind you so they alternately touch your bottom in quick succession.



### » MOUNTAIN CLIMBER

Perform a plank, resting your weight on your hands and balls of your feet. Lift your right foot off the floor and raise your knee as close to your chest as you can. Return to the starting position and repeat with left. Continue alternating at speed.

**MOUNTAIN CLIMBER TWIST** Perform the above move, but this time when you bring your right knee in, go towards your left elbow. Return to start position, switch sides and repeat.



### » KNEELING STEP-UP

Start on your knees, with your body upright. Lift your right leg so your knee is at right angles. Next raise up your left leg to join it, so you're now standing up. Bend your right leg and lower your leg down so your right knee is on the floor. Bring your left knee down too, so you're now kneeling on the floor. Repeat and increase the pace.



### » JUMPING SQUAT

Perform a full squat, then drive through your heels, jumping up towards the ceiling. Land with soft knees in the squat position and repeat.



### » REVERSE LUNGE HIGH KNEE

Perform a reverse lunge, bending both knees so they form 90-degree angles. Then keeping your back leg bent, bring it forwards and up into a high knee position.





# THE 30- DAY **FAT**

## BURN!

You'll get slim and trim in just one month with this heart-pumping workout...







**O**ur bodies were made to move, so with all that sitting around we do in our day-to-day lives, it is vitally important we get our heart rates up regularly.

“Cardio exercises (aka aerobic exercise) are a vital part of our weekly workout,” says personal trainer Seana Forbes. “It helps us burn calories and fat, increase

bone density and improve energy levels, while reducing stress and helping us sleep better.” Plus, in the long-term, it will strengthen your heart and up your overall fitness and stamina levels.

If you’re doing it right, your heart will be pumping, your breathing rate will be up and you’ll sweat, as you get those muscles working and burn those calories. To

maximise your fat-burning potential, aim to workout at around 70% of your maximum heart rate (to work this out subtract your age from 220), then intermittently turn up the intensity to ramp up your total cal burn.

To get a fighting fit, fat-free bod in just a month, check out the challenge over on the right-hand page...

## YOUR CAL-CURBING CARDIO MOVES

These exercises target your whole body, burn fat and build muscle strength and endurance

### » Lunges

Stand with feet hip-width apart. Take a big step forward with your right leg, ensuring your weight is distributed evenly over both legs. Bend both knees to form right angles, and ensure your knee and ankle are in one line. Drive up using your front heel and repeat on the other side.



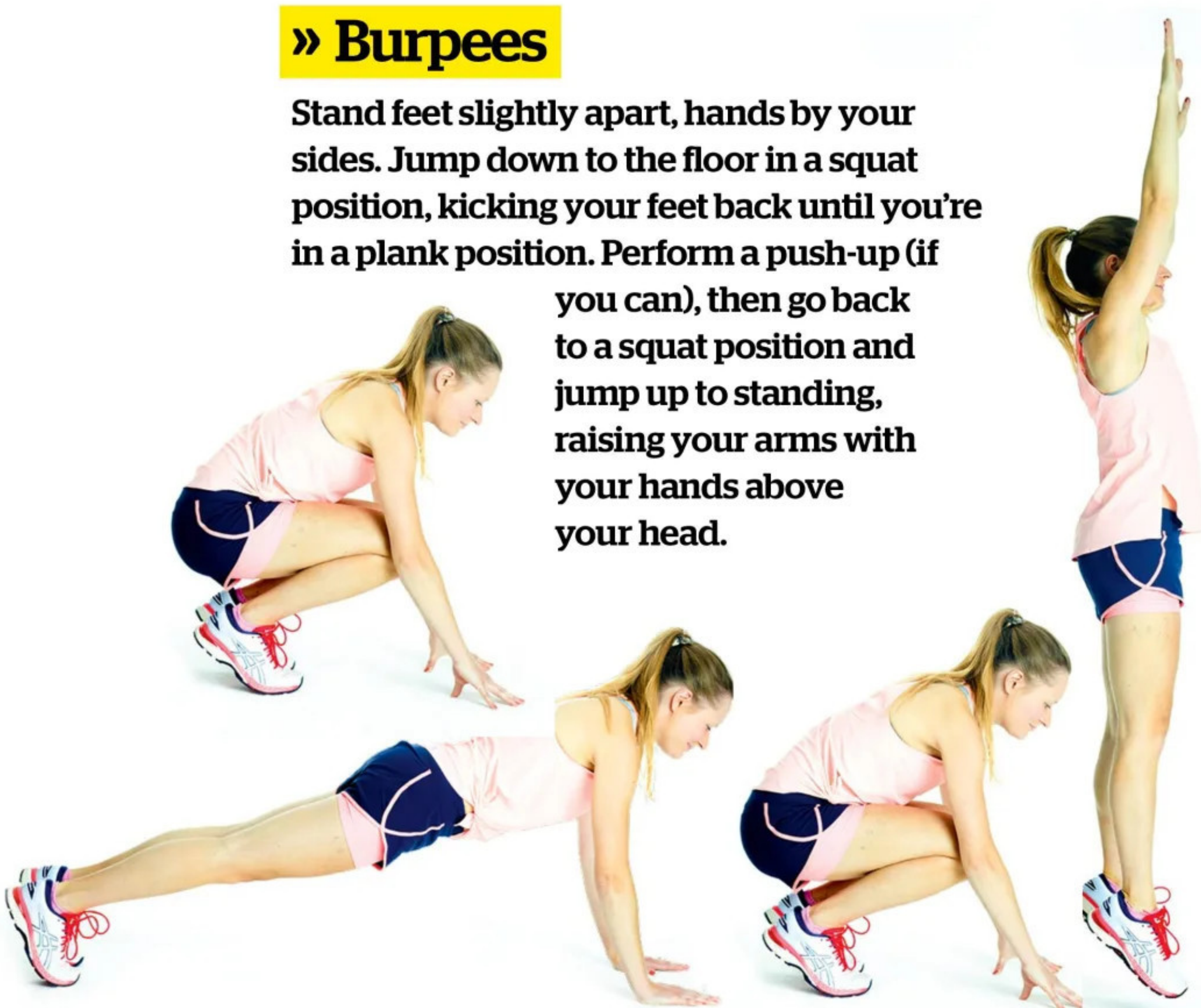
### « Mountain climbers

Start in a plank position. One at a time, bring each leg forward towards your chest, then back to plank position, as fast as you can. Keep your hips stable and core engaged.



### » Burpees

Stand feet slightly apart, hands by your sides. Jump down to the floor in a squat position, kicking your feet back until you’re in a plank position. Perform a push-up (if you can), then go back to a squat position and jump up to standing, raising your arms with your hands above your head.



### « Jumping jacks

Stand with feet together, arms by your sides. Jump your feet at least shoulder-width apart, while simultaneously raising your hands up to the ceiling. Jump back to starting position and repeat.



### « Plank

Support your body with your hands and the balls of your feet and form a straight line from your head to your feet.

Elbows should be directly below shoulders and feet shoulder-width apart. Engage your abs and hold for allotted time.



### » Squat jumps

Stand with feet no wider than shoulder-width apart. Lower yourself into a squat, keeping heels on the ground and below your knees. Once in a low squat, drive your hips forward and jump up, pushing your arms back for extra lift. Land softly back into a squat to repeat.





» HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
“Don’t sacrifice form for fat-burning, as this can lead to injury.” Use a mirror to ensure you’re doing exercises correctly.

1 ☐

5 x Lunges  
5 x Jumping jacks  
5 x Burpees

2 ☐

6 x Lunges  
6 x Jumping jacks  
6 x Burpees

3 ☐

7 x Lunges  
7 x Jumping jacks  
7 x Burpees

4 ☐

8 x Lunges  
8 x Jumping jacks  
8 x Burpees

5 ☐

REST DAY

6 ☐

9 x Lunges  
9 x Jumping jacks  
9 x Burpees

7 ☐

10 x Lunges  
10 x Jumping jacks  
10 x Burpees

8 ☐

11 x Lunges  
11 x Jumping jacks  
11 x Burpees

9 ☐

12 x Lunges  
12 x Jumping jacks  
12 x Burpees

10 ☐

REST DAY

11 ☐

14 x Lunges  
14 x Jumping jacks  
14 x Burpees

12 ☐

16 x Lunges  
16 x Jumping jacks  
16 x Burpees

13 ☐

18 x Lunges  
18 x Jumping jacks  
18 x Burpees

14 ☐

20 x Lunges  
20 x Jumping jacks  
20 x Burpees

15 ☐

REST DAY

16 ☐

5 x Mountain climbers  
5 x Squat jumps  
5-sec Plank

17 ☐

6 x Mountain climbers  
6 x Squat jumps  
10-sec Plank

18 ☐

7 x Mountain climbers  
7 x Squat jumps  
15-sec Plank

19 ☐

8 x Mountain climbers  
8 x Squat jumps  
20-sec Plank

20 ☐

REST DAY

21 ☐

9 x Mountain climbers  
9 x Squat jumps  
25-sec Plank

22 ☐

10 x Mountain climbers  
10 x Squat jumps  
30-sec Plank

23 ☐

11 x Mountain climbers  
11 x Squat jumps  
35-sec Plank

24 ☐

12 x Mountain climbers  
12 x Squat jumps  
40-sec Plank

25 ☐

REST DAY

26 ☐

14 x Mountain climbers  
14 x Squat jumps  
45-sec Plank

27 ☐

16 x Mountain climbers  
16 x Squat jumps  
50-sec Plank

28 ☐

18 x Mountain climbers  
18 x Squat jumps  
55-sec Plank

29 ☐

20 x Mountain climbers  
20 x Squat jumps  
60-sec Plank

30 ☐

REST DAY

**TIP**  
“Cardio workouts can be strenuous, so ensure you’re refuelling properly,” advises Seana. Her go-to is houmous and oatcakes – a perfect balance of carbs and protein.







# RAMP UP YOUR RUN

*(without running!)*

Turning into the next Paula Radcliffe isn't just about clocking up the miles. Find out how you can go faster and longer with these expert tips



**P**reparing for the London marathon or just trying to smash your 5K best? Pounding the pavement or treadmill isn't the only thing that's going to improve your training. OK, so you may need to stack up that mileage - especially if you're aiming to take on 'the big one'. But, adding some variety to your workout can really boost your performance. Sometimes, being a better runner means not running at all. The pros reveal why...

"A strong runner isn't just built on the tarmac," says trainer Scott Laidler ([scottlaidler.com](http://scottlaidler.com)). "You need to add in a variety of exercises to your weekly workout that focus on increasing speed and endurance, and ultimately help you perform better." Try these top tips.

## BREATHE BETTER

Focus on deep breaths, not rapid, shallow ones, when running. This fuels your muscles and reduces upper body tension.

## 1 JUMP TO IT

"Adding plyometrics (that's jumping, by the way) works your muscles hard in short intervals, improving your strength and speed when you run," says Scott. He recommends squat jumps: Stand with feet shoulder-width apart, squat down, engage your core, jump up, then land back into the squat position. Do three sets of six.

## 2 TURN UP THE RESISTANCE

"Focus on building up your shoulders, abs, hamstrings, glutes and calves," says Scott. "This will allow you to run more efficiently and reduce your risk of injury. What's more, increasing your strength will also help you recover more quickly."

## 3 MIX IT UP

If you are clocking up the miles, don't simply run your race distance. "It's important to vary your running speeds and also your running distances, rather than just replicating your chosen event," explains Scott. "By making your training harder than your event, you'll add to your overall endurance and make the race feel easier."

# 20%

Losing this amount of your body weight in fluid can impair your performance. So keep sipping that water.

## THE NO-RUNNING RUNNING WORKOUT

Try coach Siobhan Dockerill's three mini routines...

### 1 STRENGTH AND CONDITIONING

"Think of your body as the frame that supports your engine (your heart!). You need it to be strong to allow you to run faster for longer without injury," says Siobhan.

» (You'll need a light set of dumbbells and a resistance band)

» **Single leg squats x 12**

on each leg (dumbbells)

» **Walking lunges x 20**

in total (dumbbells)

» **Leg raises x 15** on each leg (Place the band around your ankles and lift your leg out to the side.)

» **Clams x 15** on each leg

(Lie on your side, knees bent at 90 degrees, and place a band around your legs, just above your knees. Lift top knee towards ceiling, while keeping feet together.) Repeat this circuit three times.

### 2 HIIT

"These will build up aerobic capacity and help keep you

run fit," says Siobhan. Complete each exercise for 30-45 seconds with 15-30 seconds rest in between and repeat three times.

» (All you need is a mat and a timer)

» **Burpees**

» **Mountain climbers**

» **Squat jumps**

» **Press-ups**

» **Plank**

### TOP TIP

"Sleep and rest are essential to running well. If you don't get enough, your training will suffer," says Siobhan.

### 3 STRETCHING

"This will help with your flexibility and ease tight areas," says Siobhan. Hold stretches for 45-60 seconds and allow

your body to ease into the stretch.

» Find stretches for the following areas at [runningwithus.com/stretching](http://runningwithus.com/stretching)

» **Calves**

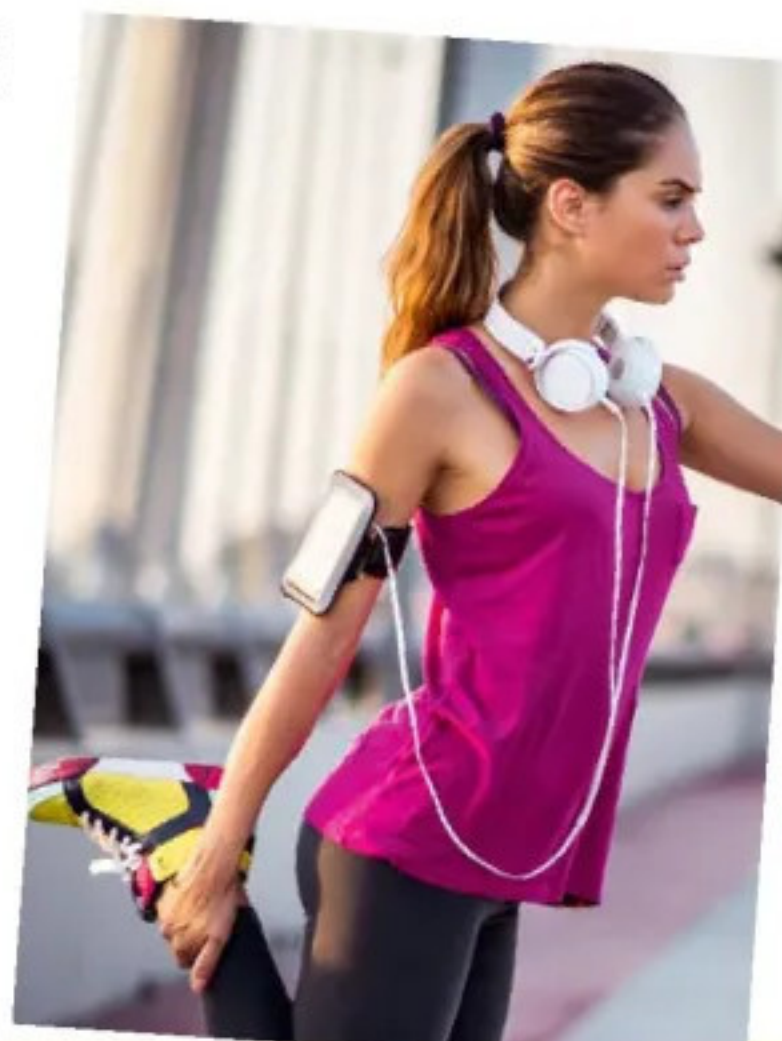
» **Hamstrings**

» **Quadriceps**

» **Glutes**

» **Hip flexors**

» **Lower back**



## Hit the hills

Adding an incline to your training is ideal for improving stamina and building leg muscles. "It acts as a natural resistance, so forces you to work harder," says strength and conditioning coach Courtney Fearon (@courtneyfearon\_). "And it can encourage your body into a better 'speed' position, as it makes you lift your knees." Mix inclines and speed to ramp up power and endurance.

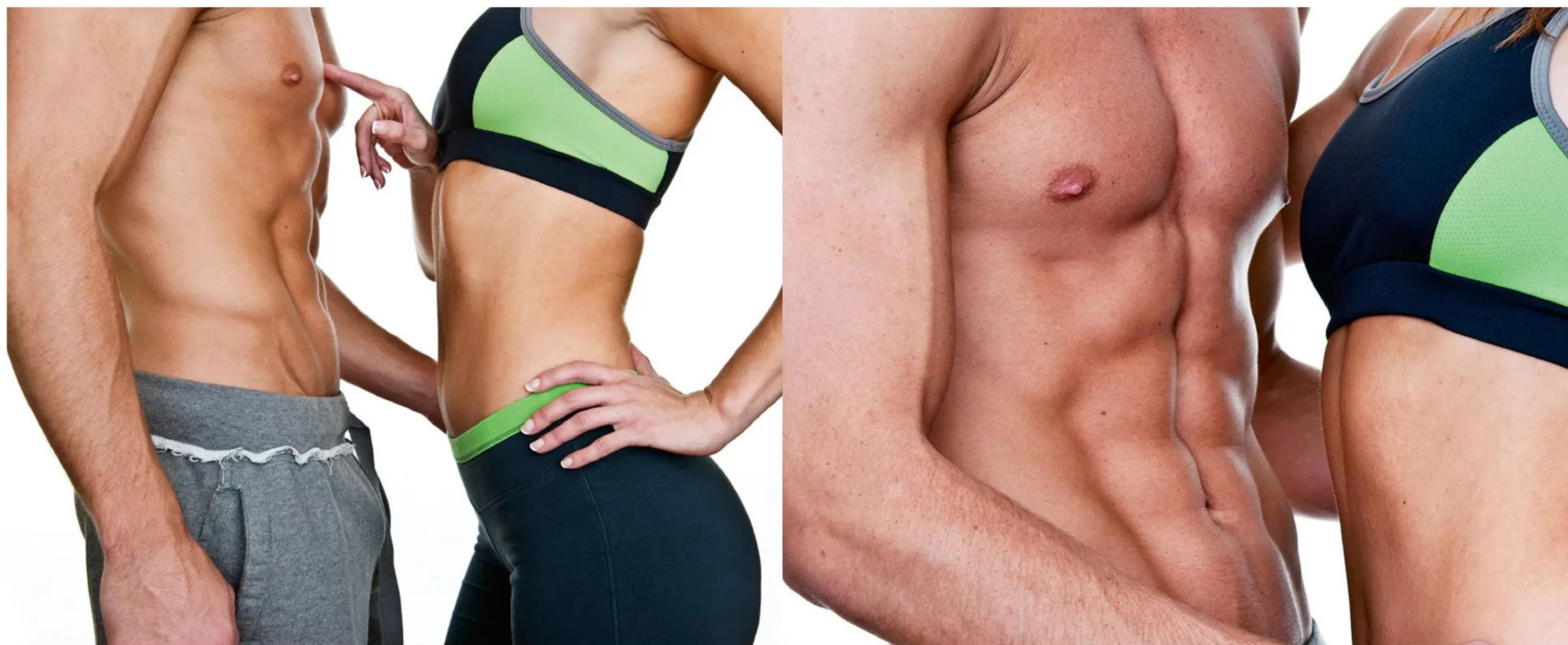
## That's clever

"Runners should focus on single leg variations of movements, as all running is done one step, one leg at a time," points out Courtney.

» **TRY A SINGLE LEG DEADLIFT** Hold a kettlebell (or similar weight) in your right hand. Hinge forwards at your hips, sticking your right leg out behind you, while lowering your weight to the floor. Extend your left arm out and back to aid stability. Switch sides and repeat.



# 5 exercises THAT **BOOST** YOUR



# **SEX** LIFE



Become a top-class athlete in the bedroom with these simple moves....



**S**ex can be physically demanding on the body, and depending on how adventurous you are, can even cause damage if not done right! The muscles you use during sex are muscles that might not usually be the key focus to your everyday workout, so when you put them to use, they don't work at their optimum. But help is at hand! Owner of Right Path Fitness Keith McNiven says that his five easy exercises can dramatically improve your sex life and even help you become a bit more of a daredevil between the sheets!



## Squat

**Why?** The squat works multiple muscle groups at once, helping to build strong, toned thighs and bum. Plus, the squatting action is replicated in bedroom antics.

**How To Do It:** When squatting, keep your back straight, squat low and strong, and push your butt out to get the maximum push for each rep. You can fit squats in at almost any time - like waiting for the kettle to boil.

**Other Benefits:** Squats help build a number of leg muscles plus they improve circulation, by getting your heart pounding and blood pumping. Oh and FYI, squats are one of the top calorie-burning exercises, with as much as 140 calories burned in 10 minutes!



## Press-up

**Why?** When it comes to sex, upper body strength is a serious bonus. It allows you to hold your body weight comfortably in a variety of exciting positions.

**How To Do It:** Whether you do a full press-up on your toes or a modified press-up on your knees, focus on form and technique when pushing your chest towards the ground, keeping a slow and steady pace, and feeling

the burn in your arms. Try to do 10 before bed or first thing in the morning, gradually building up the number of reps as your strength increases.

**Other Benefits:** Press-ups work on a large number of muscles, including the chest, shoulders, arms, abs and lower body. Ten minutes of high-intensity reps could also see you burn up to 68 calories.



## V leg-ups

**Why?** Like a sit-up on steroids, nailing your V leg-ups will give you a core of steel, and the ability to navigate the whole *Kama Sutra*, should you so wish!

**How To Do It:** Start sat on the floor with legs straight in front of you, parted in the centre in a V shape. Lean back slowly and as you do so, lift legs upwards to a 45-degree angle so that your body recreates a V shape. Keeping tummy tensed and balance strong will ensure you really feel this move working. It's tough on the abs, and the slower you get into position while tensing, the more it's going to work those muscles. Repeat 10 times.

**Other Benefits:** V leg-ups are a great way to target your lower abdominal muscles, building and toning them, as well as increasing the strength and flexibility in your hips and lower back. Ten minutes of this ab-busting working could see you burn up to 40 calories too.



## Fire Hydrants

**Why?** This tones the bum and thighs, and helps you get into some unique positions!

**How To Do It:** Start on hands and knees with wrists underneath shoulders and knees directly underneath hips. Tense your butt and stomach as you lift one leg straight out to the side and upwards towards the ceiling. Gradually release the control to return to your starting position. Repeat with the other leg. Do 10 times on each leg.

**Other Benefits:** Helps strengthen lower body, improve balance, correct posture, and activate abdominal muscles. Plus you can burn 25 calories in 10 minutes.

## Quad stretch

**Why?** It improves your leg flexibility, so you can get the leg higher and the pelvis lower.

**How To Do It:** Kneel on floor. Lunge right leg forward, so the right knee is bent 90 degrees in front of you and the right foot is flat on floor directly under the knee. The left leg should still be bent under you, parallel to the right. Place both hands on top of the right knee and press the back hip forward, leaning into the stretch and keeping the torso upright. Hold for 30 secs. Do three reps; switch legs and repeat.

**Other Benefits:** This move helps to improve the flexibility in your hip flexors to prevent those tight hips. You can also get a 28-calorie burn in just 10 minutes.









# GET A BALLET BODY IN

## 30 DAYS

Our shape-and-sculpt ballet-inspired workout  
will spin you into shape in no time

**T**here's more to ballet than tiptoes and tutus. "They have incredibly strong bodies - some even say stronger than many strength-training athletes," says Niki Rein, creator of ballet-based workout Barrecore. This is because ballet moves target every inch of your body, creating a powerful, toned and sleek silhouette. Plus, they also help improve your flexibility, agility and posture. And the best part is you can do them at home.

Instead of merely embracing a childhood dream, people are now trying workouts such as Barrecore to get fit. Barrecore combines impact high-intensity ballet-inspired moves to help you melt fat and boost your metabolism, as well as get a sculpted body. "You keep melting fat for up to four days afterwards thanks to the deep muscle burnout," explains Niki. Embrace your inner prima ballerina and go from flabby to firm in just one month with this guide. (Tutus optional!)



# YOUR FIVE FIRING AND FAT-MELTING MOVES

These ballet-inspired exercises will target every muscle, leaving you with a stronger, slimmer bod. Start with more basic moves on days 1-15, then give your workout a boost on days 16-30.

## »BRIDGE SEAT

Lie on your back with your knees bent and your feet flat on the floor. Extend one leg up towards the ceiling and lift hips three inches (no higher) off the floor. Pulse your hips up, then down. Return to start and repeat on the other side.



## »THIGH DANCING

Kneel on a mat or a towel with knees hip-width apart and toes touching. Hover hips four inches above your heels and lean your torso back so your shoulders are slightly behind your hips. Tuck your tailbone forward, then back.



## »CURTSY LUNGE

Step your left leg behind you and to the right, so your thighs are crossing. Bend both knees as if you're curtsying. Make sure your front knee is aligned with your front ankle. Reach your arms high above you into a 'Y' shape. Lift your arms up, squeezing your shoulder blades down your back, keeping your arms straight. Return to the start position and repeat on other side.



**BOOST MOVE**  
While in the seated position, perform heel raises for the duration of the hold.



## »CHAIR SEAT

Lean your back against a wall, with a 90-degree bend in your hips and a 90-degree bend in your knee (thighs parallel to the floor). Hold for the allotted number of seconds and return to standing.

## »LOW ARABESQUE

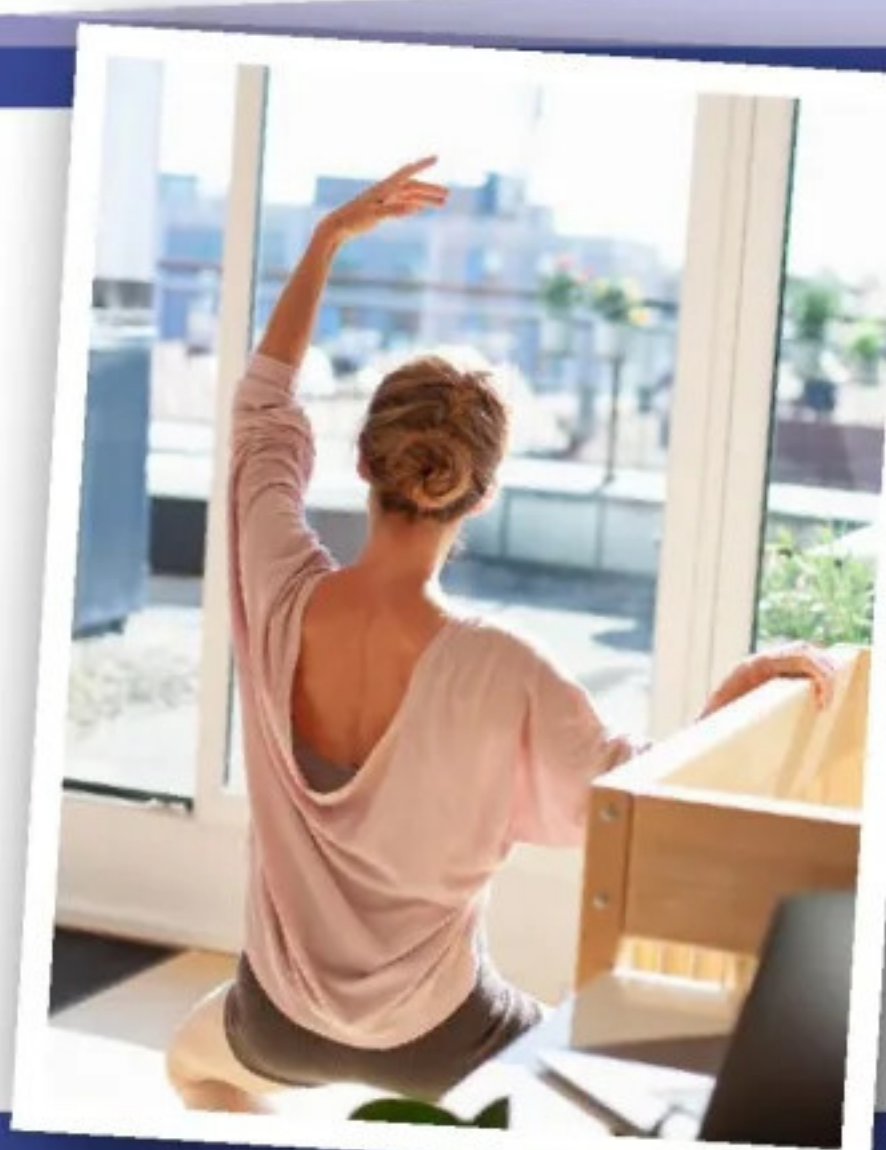
Rest your hands on the back of a chair or counter top and stand about two feet away with heels touching and toes three inches apart. Keep the torso straight and slightly lean forward. Extend one leg straight behind you and externally rotate from your hip socket, pulling abs in and slightly bending your leg. Lift the leg up to its highest point (without arching your back) and hold. Return to the start and repeat on other side.



**PROGRESSION TIP**  
Perform this move in both parts of the month (days 1-15 and days 16-30).

## MORE BALLET

If you find yourself enjoying this ballet-inspired workout, visit Niki's website at [barrecore.com](http://barrecore.com) to learn more about Barrecore. The team offer livestreamed classes, on-demand workshops and private sessions – which is perfect for working out at home.





# FULL BODY AND CARDIO

## » HERE'S YOUR CHALLENGE CHART: GET TICKING!

1 ☐

3 x Low arabesque  
3 x Thigh dancing  
3 x Bridge seat

2 ☐

4 x Low arabesque  
4 x Thigh dancing  
4 x Bridge seat

3 ☐

5 x Low arabesque  
5 x Thigh dancing  
5 x Bridge seat

4 ☐

6 x Low arabesque  
6 x Thigh dancing  
6 x Bridge seat

5 ☐

7 x Low arabesque  
7 x Thigh dancing  
7 x Bridge seat

6 ☐

8 x Low arabesque  
8 x Thigh dancing  
8 x Bridge seat

7 ☐

9 x Low arabesque  
9 x Thigh dancing  
9 x Bridge seat

8 ☐

REST DAY

9 ☐

10 x Low arabesque  
10 x Thigh dancing  
10 x Bridge seat

10 ☐

11 x Low arabesque  
11 x Thigh dancing  
11 x Bridge seat

11 ☐

12 x Low arabesque  
12 x Thigh dancing  
12 x Bridge seat

12 ☐

13 x Low arabesque  
13 x Thigh dancing  
13 x Bridge seat

13 ☐

14 x Low arabesque  
14 x Thigh dancing  
14 x Bridge seat

14 ☐

15 x Low arabesque  
15 x Thigh dancing  
15 x Bridge seat

15 ☐

REST DAY

16 ☐

3 x Low arabesque  
3 x Curtsy lunge  
3 x Chair seat

17 ☐

4 x Low arabesque  
4 x Curtsy lunge  
4 x Chair seat

18 ☐

5 x Low arabesque  
5 x Curtsy lunge  
5 x Chair seat

19 ☐

6 x Low arabesque  
6 x Curtsy lunge  
6 x Chair seat

20 ☐

7 x Low arabesque  
7 x Curtsy lunge  
7 x Chair seat

21 ☐

8 x Low arabesque  
8 x Curtsy lunge  
8 x Chair seat

22 ☐

REST DAY

23 ☐

9 x Low arabesque  
9 x Curtsy lunge  
9 x Chair seat

24 ☐

10 x Low arabesque  
10 x Curtsy lunge  
10 x Chair seat

25 ☐

11 x Low arabesque  
11 x Curtsy lunge  
11 x Chair seat

26 ☐

12 x Low arabesque  
12 x Curtsy lunge  
12 x Chair seat

27 ☐

13 x Low arabesque  
13 x Curtsy lunge  
13 x Chair seat twists

28 ☐

14 x Low arabesque  
14 x Curtsy lunge  
14 x Chair seat

29 ☐

15 x Low arabesque  
15 x Curtsy lunge  
15 x Chair seat

30 ☐

REST DAY

**TIP**  
Keep the movements small to reap the greatest benefits.

**TIP**  
For all moves, focus on drawing all muscle groups in towards the centre of your body.





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# *Trim and to*



# ne *Fast*

Look longer and leaner with our 15-minute Pilates workout

**Y**ou don't need to drip with sweat to whip your body into shape. Seriously, if you want a workout that targets every part of your body (and we mean every inch!) then Pilates should be on your radar.

"It will not leave a muscle or joint unattended," says celebrity Pilates instructor Gaby Noble, who has taught the likes of Harry Styles and Sadie Frost. "Pilates stretches and strengthens simultaneously, helping create that long, sculpted look, as well as improving coordination, balance and circulation," she adds. Remember to engage that core - it will not only prevent other muscles from taking over (like your neck), which can cause injury, but will also help you get one step closer to that flat tum.

## FIND A FLOW

Transfer from one exercise to the next in a flowing action to boost flexibility and up your heart rate.



# Your **POWER PILATES** plan

Gaby Noble has created a four-week plan that focuses on breath and mobility, core strength, control and stamina and flow, with each week adding on more moves to the previous sequence. Don't fret, you don't have to be a Pilates pro. If you're a newbie, don't rush it, advises Gaby. "Pilates is about layering, so take time to learn the basics and get a strong solid foundation before rushing to the next level," she says.

|                                          | DAY 1                                                                                                                                                                                                                                                                                                                                                                                | DAY 2                                                                                                                                                                                                                                                                        | DAY 3                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1<br>(Focus on breath and mobility) | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> </ul>                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> </ul>                                                                     | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> <li>» Spine stretch forward x 3-5</li> </ul>                                                                                                                  |
| WEEK 2<br>(Focus on core strength)       | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> <li>» Lower lift x 5-10</li> <li>» Spine stretch forward x 3-5</li> </ul>                                                                                                         | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> <li>» Lower lift x 5-10</li> <li>» Spine stretch forward x 3-5</li> </ul> | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> <li>» Lower lift x 5-10</li> <li>» Spine stretch forward x 3-5</li> <li>» Saw x 3 each side</li> </ul>                                                        |
| WEEK 3<br>(Focus on control)             | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> <li>» Lower lift x 5-10</li> <li>» Criss Cross x 3-5 (holding elbow to knee for at least 2 counts)</li> <li>» Spine stretch forward x 3-5</li> <li>» Saw x 3 each side</li> </ul> | <ul style="list-style-type: none"> <li>» Repeat Day 1 slowly with control. Slow the breath down and take longer to exhale.</li> </ul>                                                                                                                                        | <ul style="list-style-type: none"> <li>» The 100 x 10</li> <li>» Half roll up x 5</li> <li>» Leg circle x 5 then reverse</li> <li>» Rolling like a ball x 5</li> <li>» Single leg stretch x 5</li> <li>» Lower lift x 5-10</li> <li>» Criss Cross x 5-8</li> <li>» Spine stretch forward x 5-8</li> <li>» Saw x 5 each side</li> </ul>                           |
| WEEK 4<br>(Focus on stamina and flow)    | <ul style="list-style-type: none"> <li>» Take all the exercises from Day 3 in Week 3 and aim to flow from each exercise to the next without taking a break. This will warm your muscles up quicker and get your heart pumping. Remember to keep control.</li> </ul>                                                                                                                  | <ul style="list-style-type: none"> <li>» Repeat Day 1</li> </ul>                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>» For your final day you could try to add the Open Leg Rocker to your sequence, but only if you feel comfortable.</li> <li>» Balance on your sit bones, hold your ankles, extend both legs out into a 'V' position so arms extend. Draw chin into chest and roll back onto shoulders. Exhale and roll back up.</li> </ul> |

## TOP PILATES PIECES

### Flow with style

#### Workout gear

Use clothes that grant extra ventilation. A pair of socks with good grip will stop you from sliding all over the place, too.

#### Water bottle

It's easy to forget to hydrate, so always keep a water bottle close to hand.

#### Extra Long Mat

We went for a non-slip 5mm-thick mat to keep us comfortable.



## PILATES HOW-TO

» **Breathing** It's essential in Pilates to isolate your abs and pelvic floor, help relax tense muscles and relieve mental tension. Inhale to engage your tummy muscles and exhale during the 'effort' part of the movement.

» **C-curve** Allow your spine to round by scooping in your abs. It strengthens your deep abdominals and stretches your back muscles.

● For more information or to book a Pilates class with Gaby, visit [exhalepilateslondon.com](http://exhalepilateslondon.com).

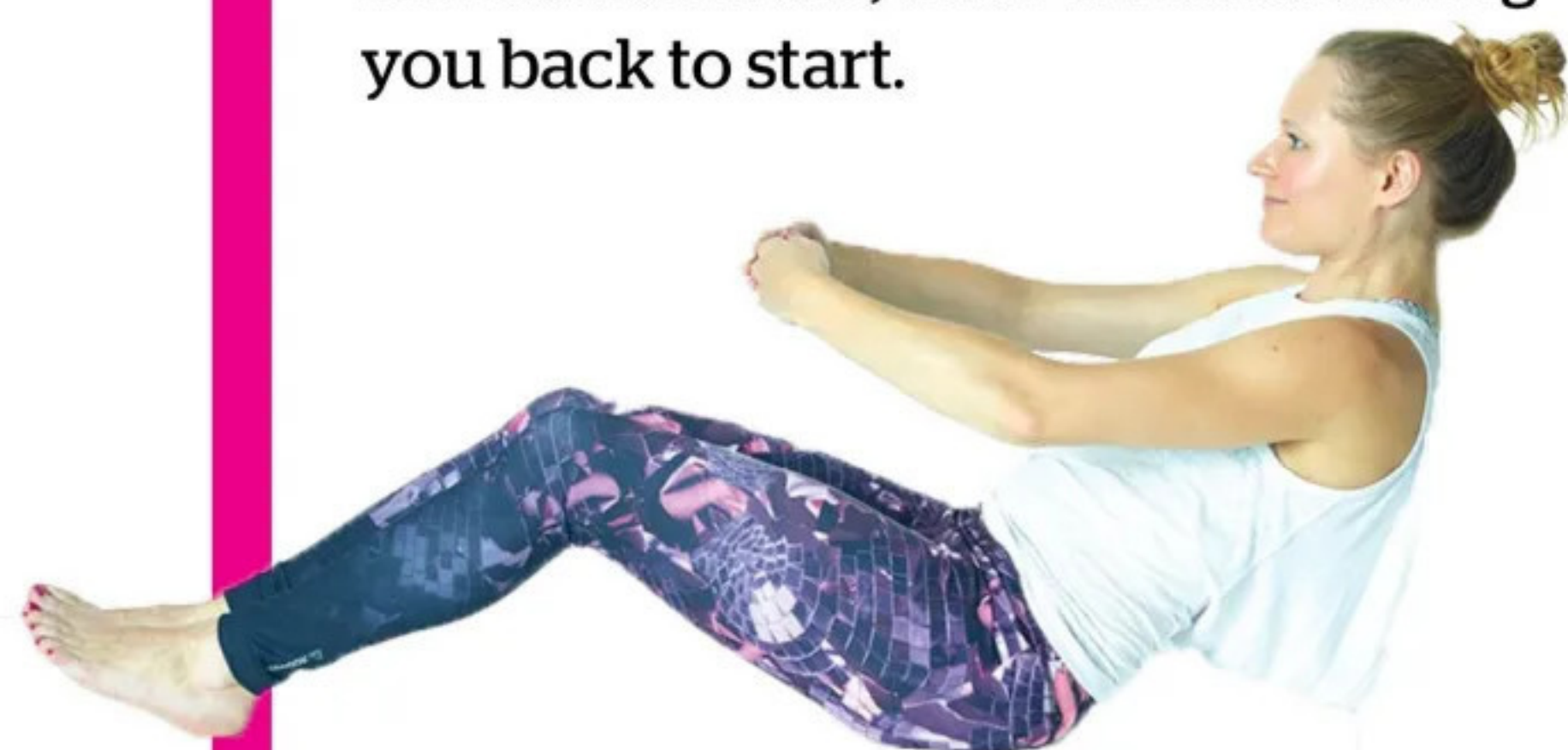


## THE MOVES

**"It's not about rep numbers, but how you do them," says Gaby. Each move should be precise and controlled.**

### » Half roll up

Sit on sit bones, knees bent, feet on floor and hip-width apart. Stretch arms out in front of you, hands touching. Inhale, lift spine, then exhale and round the spine, as you roll back. Inhale, then exhale to bring you back to start.



### » Saw

Set up as 'spine stretch forward', but this time extend arms out to side. Inhale as you draw abs in and up, lifting tall through spine. Exhale slowly as you twist waist to left with hips remaining square and grounded. Inhale as you draw body back to centre. Repeat on other side.



### » Lower lift

Place hands by sides (or in diamond position underneath tailbone if you have back sensitivity). Lift legs to 90 degrees (if too tight open the legs slightly apart with heels together in a diamond position). Lower legs down for one count, then up for one count.



### » The 100

Lie on your back, knees to chest and arms alongside your body, palms down. Inhale as you lift head and eyes towards your belly button. Exhale, sinking belly button into spine. Extend legs to 45 degrees (or as high as comfortable), pump arms up and down as you inhale for 5 counts. Bend knees back into chest, lower legs and head. If you have neck or back problems, keep your head flat on the floor at first.



### » Rolling like a ball

Sit with knees bent to chest, knees slightly apart and heels together. Lift feet off ground, while lightly holding on to ankles (or underneath knees for more support). Inhale, drawing belly button to spine, creating a C-curve, then exhale. Inhale, roll back, massaging spine. Exhale to roll back up. Try to keep feet hovering above floor.



### » Criss cross

Lie on back, knees bent into chest. Place hands behind head with elbows extended out to sides. Lift head and shoulders. Extend right leg out in front, maintaining flat back. Simultaneously twist upper body, reaching right shoulder to left knee. Return to centre, rotate to other side.



### » Leg circle

Lie on your back, sink belly button to the floor. Draw leg to chest, then extend up to ceiling, while you keep other leg at 45 degrees (foot on the floor). Inhale, circle your extended leg clockwise. Exhale, lower leg down towards centre line in circling motion. Reverse and repeat.

### » Spine stretch forward

Sit tall on sit bones, legs extended out in front of you, slightly wider than hip-width. Extend arms at shoulder width in front of your body, keep feet flexed. Inhale as you lift tall, exhale as you draw chin to chest, reaching forward over imaginary ball to create a C-curve. Inhale as you re-stack spine and exhale as you return to start.



### » Single leg stretch

Lie on your back, draw right knee into chest with both hands placed on leg and head lifted (if comfortable). Keeping tailbone anchored to floor, extend left leg to 45 degrees (90 if you have back sensitivity). Inhale, change legs, exhale and repeat on other side.



## SLOW IT DOWN

**Don't rush through these exercises. The slower you do them, the harder you work your muscles.**



# There's always time to

## HIIT

Think you're too busy to  
exercise? Keep it short  
'n' sweet and still have fun  
while your at it...

## HIIT

If your social calendar has suddenly become a buzz of activity, finding time to work out can be a serious challenge. BUT, fear not! You can still work off the pizzas, snacks and other cheat day staples (we'll stop right there) without setting foot into a gym. It's all thanks to that little thing we know as HIIT - or High Intensity Interval Training for those not in the know. Simple yet effective, think sweat-inducing bodyweight exercises done at speed for a period of time with shorter periods of rest in between. This 4-week home workout plan created by trainers Hollie Philippa and Paul Cambray, will keep your metabolism working fast and leave you feeling fit, healthy and strong. Clear a spot in your living room, switch on your Spotify and get movin'!







# Your *time-saving at-home* workout plan

You don't even need to change out of your PJs for this\*. Hollie and Paul's HIIT plan encourages progression over four weeks, so you'll be improving fitness levels and seeing gradual changes in your body shape. Just pick four days of the week to work out - you'll be repeating days 1 and 2 on days 3 and 4.

## YOU'LL NEED...

- » A timer (we love Interval Timer, free on the App Store)
- » 2 x 4kg dumbbells or as heavy as you can go. Push yourself!
- » One chair or sofa

|       | WEEK 1<br>Do each exercise for <b>30 seconds</b> with <b>20 seconds</b> rest in between. Complete the circuit four times.                                                     | WEEK 2<br>Do each exercise for <b>30 seconds</b> , then have a <b>10-second</b> rest. Complete circuit four times.                                                                                                                                                                                            | WEEK 3<br>Do each exercise for <b>40 seconds</b> and enjoy <b>10 seconds</b> rest in between. Do the circuit four times                                                                                                                                                     | WEEK 4<br>Do <b>30 seconds</b> of each of the first two exercises. Rest for <b>20 seconds</b> . Repeat for next two. Do each pair three times.                                                                                                                                                                                                      |
|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 1 | <ul style="list-style-type: none"> <li>» Squats with 2 small pulses at the bottom</li> <li>» High Knees</li> <li>» Burpees</li> <li>» Plank</li> <li>» Lunge Jumps</li> </ul> | <ul style="list-style-type: none"> <li>» Squat Jumps</li> <li>» Lunges holding dumbbells by your side</li> <li>» Plank up and down</li> <li>» Tuck Jumps</li> <li>» High Knees at speed</li> </ul>                                                                                                            | <ul style="list-style-type: none"> <li>» Lunge Jumps - holding dumbbells by your side</li> <li>» Burpees (chest to floor)</li> <li>» Mountain Climbers</li> <li>» Wall Sits (hold position at a 90-degree angle against a wall)</li> <li>» Tuck Jumps</li> </ul>            | <ul style="list-style-type: none"> <li>» Squat Jumps b2b with squats with dumbbell thrust</li> <li>» High Knees b2b with Lunge Jumps holding dumbbells by side</li> <li>» Wall Sits with a dumbbell on the thighs b2b with Burpees (chest to floor)</li> <li>» Reverse Lunge holding weights at shoulder height b2b with Tuck Jumps</li> </ul>      |
| DAY 2 | <ul style="list-style-type: none"> <li>» Press Ups</li> <li>» Burpees</li> <li>» Tricep Dips</li> <li>» Mountain Climbers</li> <li>» Bicep Curls using dumbbells</li> </ul>   | <ul style="list-style-type: none"> <li>» Tricep Dips (take 4 seconds to rise back up)</li> <li>» Mountain Climbers</li> <li>» Press Ups (push up fast and lower down on a count of 3)</li> <li>» Burpees (chest to floor)</li> <li>» Bicep Curls using dumbbells (lower arms down on a count of 4)</li> </ul> | <ul style="list-style-type: none"> <li>» Tricep Dips (take 5 seconds to rise back up)</li> <li>» Burpees with press ups</li> <li>» Shoulder Press with dumbbells</li> <li>» Mountain Climbers</li> <li>» Bicep Curls with dumbbells (lower arms on a count of 4)</li> </ul> | <ul style="list-style-type: none"> <li>» Press Ups b2b with Bicep Curl using dumbbells</li> <li>» Renegade Row using dumbbells b2b with Plank up and down</li> <li>» Lateral Raises using dumbbells b2b with Lateral Ski Jumps (also known as Skaters, swing arms forcefully)</li> <li>» Tricep Dips b2b with Mountain Climbers at speed</li> </ul> |
| DAY 3 | <ul style="list-style-type: none"> <li>» Repeat day 1</li> </ul>                                                                                                              | <ul style="list-style-type: none"> <li>» Repeat day 1</li> </ul>                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>» Repeat day 1</li> </ul>                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>» Repeat day 1</li> </ul>                                                                                                                                                                                                                                                                                    |
| DAY 4 | <ul style="list-style-type: none"> <li>» Repeat day 2</li> </ul>                                                                                                              | <ul style="list-style-type: none"> <li>» Repeat day 2</li> </ul>                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>» Repeat day 2</li> </ul>                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>» Repeat day 2</li> </ul>                                                                                                                                                                                                                                                                                    |

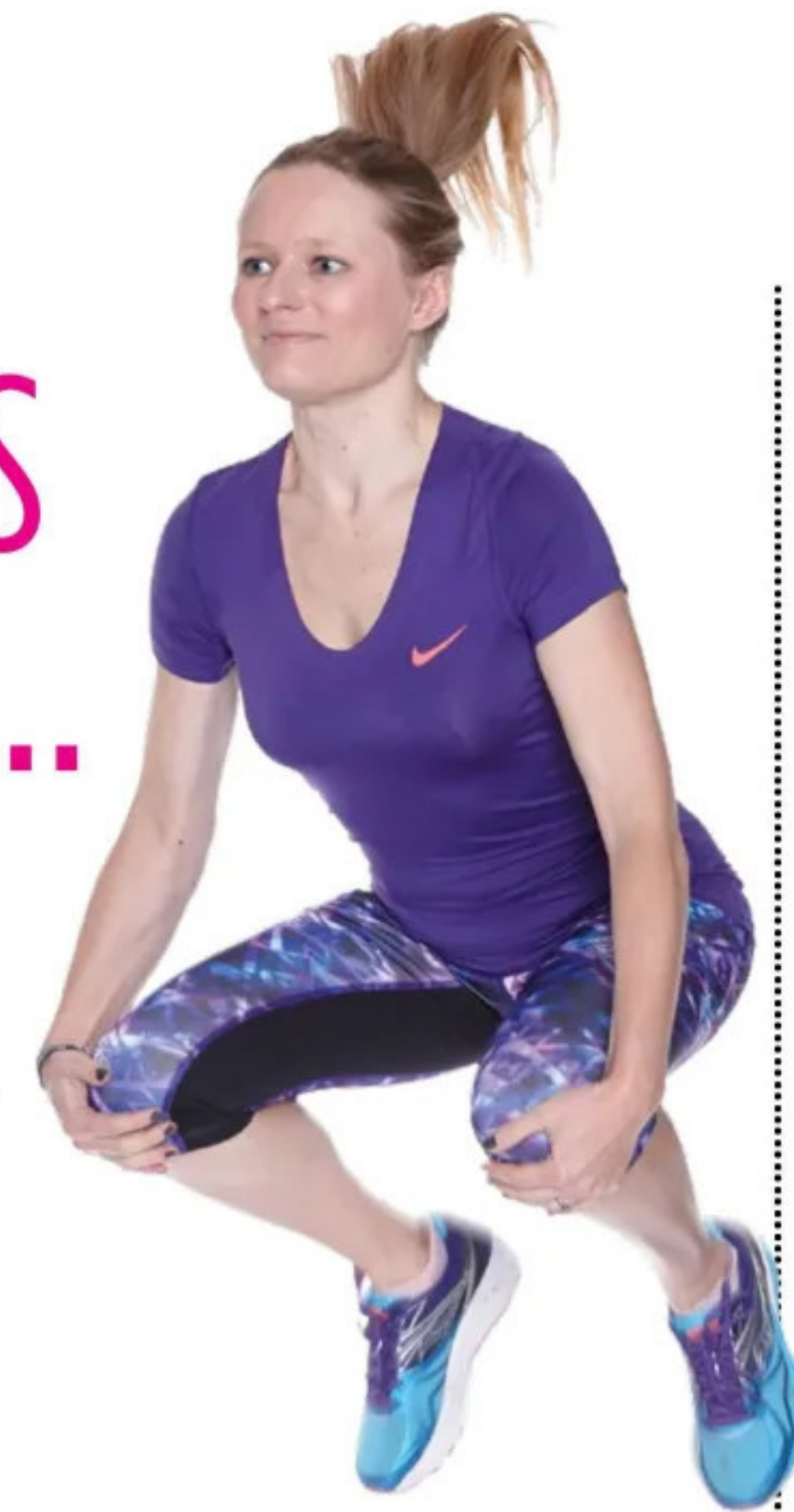




## NEW MOVES TO MASTER...

### Tuck Jumps

In a standing position, slightly bend your knees. Lower your body quickly into a squat position, then explode upwards, bringing your knees into your chest.



### Lateral Ski Jumps

Lower into a curtsy lunge, left foot back, right foot crossed in front. Jump left, switching legs and arms as above. Jump right, switching position of limbs again, to complete one rep.



### Renegade Row

Holding a dumbbell in each hand, perform a plank. Lift one weight up towards the side of your body, while resting weight on other hand and feet. Lower down and repeat on the other side.



### Tricep Dips

Sitting, place hands either side of you. Slide off chair, extending legs out in front. Bend elbows at 90 degrees and lower hips to floor. Slowly raise back up.



### Lateral Raises

Stand with a dumbbell in each hand. Keep back straight and slowly lift weights out to the sides, until your arms are parallel with the floor. Slowly lower back down.

### Mountain Climbers

In a plank position, lift your leg in towards your chest and back down. Switch legs and repeat. Alternate legs in quick succession.





Photo Getty



# **LOWER BODY AND ABS**

They say you should 'never skip leg day' and there's a lot of truth to that. It's easy to neglect your lower body and instead focus on cardio and upper-upper body workouts. Well, here we'll demonstrate some easy essential exercises to keep your legs, bums and tums toned. Once you've mastered these workouts, you'll be a supreme squatter, a master of ab crunches, a titan of twists and much more!









# RESIZE YOUR THIGHS

Combining a deep burn with deep breathing, this thigh-firming yoga routine will help you get stronger, sexier thighs in a month

**Y**oga? Yes, really. Although it's known for its slow, calming movements, this ancient exercise can pack a serious toning punch to get your thighs rivalling Beyoncé's in just a month. "Yoga can be very firming if you select the correct poses," says yoga expert Caroline Sandry. "You're working against your own body weight, so it's a form of resistance training, which will help strengthen, tone, create definition and tightness." Focusing on these large leg muscles – glutes, quads and hamstrings – will also help you burn cals and fat, so you can show off your hard-earned results. Turn the page and get started!



## YOUR SIX LEG-SCULPTING MOVES

These key moves will work not only your larger muscles, but also fire up smaller gluteal muscles around your bum and hips, inner and outer thighs and spine. Plus, it will boost your flexibility, too.

### » BRIDGE I

Lie on your back, knees bent, feet flat on floor, hip-width apart. Lengthen your arms alongside your body, palms facing down. Inhale, then exhale to tuck your tail bone in and lift one vertebra at a time from the floor. Feel your glutes holding you up. Hold for two breaths and roll back down.



### » WARRIOR III

Stand with feet and knees together. Step right foot a foot's length forward and shift weight on to this leg. Inhale, lift arms over head and interlace fingers, pointing index fingers up. Exhale, lift left leg up and out behind you, hinging at hips to lower arms and torso towards floor. Make a straight line from left toes, head, to pointed fingers. Squeeze left buttock and pull up through right knee. Hold for two breaths. Return to start and switch legs.



### » WARRIOR I

Take a big step back with your left leg, bending your right knee to a right angle. Square hips and shoulders so they face the front. Bring both arms up overhead in line with ears (palms together, index finger up). Relax shoulders down, draw them back towards spine to open your chest and tighten buttocks. Balance and hold for two breaths. Exhale, lower hands down to floor and change legs.

Strengthens and stretches thighs, groin, back and shoulders.



Distribute your weight evenly between front and back legs.

### » WARRIOR II

Stand, feet wide apart, hands on hips. Turn left foot to side, right foot halfway in so left heel is in line with right arch. Raise arms to shoulder height, keeping shoulders down. Bend left knee over left ankle. Stretch arms out to side (one in front, one behind). Sink hips down, lift head up to lengthen spine. Relax shoulders, chest forward. Hold for two breaths. Return to start, switch sides.



### » CHAIR POSE

Stand tall, feet and knees together. Inhale, raise arms above head. Exhale, bend knees into a squat, bringing thighs as parallel to the floor as possible. Draw shoulder blades back, as you lift arms up, elbows back towards your ears. Hold for two breaths.

If you're finding this difficult, use a wall to support your back.

### » BRIDGE II

Start as with Bridge I. From the lifted Bridge, exhale and lift one leg straight up above your hip. Hold for two breaths, then change legs. Exhale and slowly roll your spine back to the floor, then hug knees to chest to release.



## OPEN MIND

Yoga is widely known as being a slow-paced exercise that works wonders for your flexibility and strength, however it sharpens the mind, too. The breathing exercises and meditation used in Yoga routines can focus your thinking and help you cope with stress.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!



1 ☐

**Bridge I**  
x 2 breaths  
**Warrior I**  
x 2 breaths  
**Chair pose**  
x 2 breaths

2 ☐

**Bridge I**  
x 3 breaths  
**Warrior I**  
x 3 breaths  
**Chair pose**  
x 3 breaths

3 ☐

**Bridge I**  
x 4 breaths  
**Warrior I**  
x 4 breaths  
**Chair pose**  
x 4 breaths

4 ☐

**Bridge I**  
x 5 breaths  
**Warrior I**  
x 5 breaths  
**Chair pose**  
x 5 breaths

5 ☐

**Bridge I**  
x 6 breaths  
**Warrior I**  
x 6 breaths  
**Chair pose**  
x 6 breaths

6 ☐

**Bridge I**  
x 7 breaths  
**Warrior I**  
x 7 breaths  
**Chair pose**  
x 7 breaths

7 ☐

**Bridge I**  
x 8 breaths  
**Warrior I**  
x 8 breaths  
**Chair pose**  
x 8 breaths

8 ☐

**Bridge I**  
x 9 breaths  
**Warrior I**  
x 9 breaths  
**Chair pose**  
x 9 breaths

9 ☐

**Bridge I**  
x 10 breaths  
**Warrior I**  
x 10 breaths  
**Chair pose**  
x 10 breaths

10 ☐

**Bridge I**  
x 12 breaths  
**Warrior I**  
x 12 breaths  
**Chair pose**  
x 12 breaths

11 ☐

**Bridge I**  
x 14 breaths  
**Warrior I**  
x 14 breaths  
**Chair pose**  
x 14 breaths

12 ☐

**Bridge I**  
x 16 breaths  
**Warrior I**  
x 16 breaths  
**Chair pose**  
x 16 breaths

13 ☐

**Bridge I**  
x 18 breaths  
**Warrior I**  
x 18 breaths  
**Chair pose**  
x 18 breaths

14 ☐

**Bridge I**  
x 20 breaths  
**Warrior I**  
x 20 breaths  
**Chair pose**  
x 20 breaths

15 ☐

**Bridge I**  
x 22 breaths  
**Warrior I**  
x 22 breaths  
**Chair pose**  
x 22 breaths

16 ☐

**Bridge II**  
x 2 breaths  
**Warrior II**  
x 2 breaths  
**Warrior III**  
x 2 breaths

17 ☐

**Bridge II**  
x 3 breaths  
**Warrior II**  
x 3 breaths  
**Warrior III**  
x 3 breaths

18 ☐

**Bridge II**  
x 4 breaths  
**Warrior II**  
x 4 breaths  
**Warrior III**  
x 4 breaths

19 ☐

**Bridge II**  
x 5 breaths  
**Warrior II**  
x 5 breaths  
**Warrior III**  
x 5 breaths

20 ☐

**Bridge II**  
x 6 breaths  
**Warrior II**  
x 6 breaths  
**Warrior III**  
x 6 breaths

21 ☐

**Bridge II**  
x 7 breaths  
**Warrior II**  
x 7 breaths  
**Warrior III**  
x 7 breaths

22 ☐

**Bridge II**  
x 8 breaths  
**Warrior II**  
x 8 breaths  
**Warrior III**  
x 8 breaths

23 ☐

**Bridge II**  
x 9 breaths  
**Warrior II**  
x 9 breaths  
**Warrior III**  
x 9 breaths

24 ☐

**Bridge II**  
x 10 breaths  
**Warrior II**  
x 10 breaths  
**Warrior III**  
x 10 breaths

25 ☐

**Bridge II**  
x 12 breaths  
**Warrior II**  
x 12 breaths  
**Warrior III**  
x 12 breaths

26 ☐

**Bridge II**  
x 14 breaths  
**Warrior II**  
x 14 breaths  
**Warrior III**  
x 14 breath

27 ☐

**Bridge II**  
x 16 breaths  
**Warrior II**  
x 16 breaths  
**Warrior III**  
x 16 breaths

28 ☐

**Bridge II**  
x 18 breaths  
**Warrior II**  
x 18 breaths  
**Warrior III**  
x 18 breaths

29 ☐

**Bridge II**  
x 20 breaths  
**Warrior II**  
x 20 breaths  
**Warrior III**  
x 20 breaths

30 ☐

**Bridge II**  
x 22 breaths  
**Warrior II**  
x 22 breaths  
**Warrior III**  
x 22 breaths



**TIP**  
Losing focus =  
losing form. Use a mirror  
to check your limbs and  
joints are correctly lined up,  
so you target the correct  
muscles and get  
results.









# *Drop it like a* **SQUAT!**

Get leaner legs and a toned tum and bum  
in just 30 days with the killer leg move...

**S**quats are all about buns of steel, right? Well, actually this popular workout move can do so much more than leave you with a pert derrière. Squats target your whole leg, particularly your quads, and your core. In fact, if you want squats to be properly booty-focused, personal trainer Lucy Gornall recommends activating your glutes before you begin - perform a basic squat move while using a resistance

band - or placing your toes on a slightly raised platform.

But squats don't just make you look toned, they're good for your whole body too! "Squats help strengthen ligaments and enhance flexibility. They increase the range of motion in our hips and ankles and improve our balance," says Lucy. We've included six squat variations to target every bit of you - one will even get your heart pumping! Get ready to drop down...



# YOUR SIX BODY-SCULPTING SQUATS

This plan includes three basic squat moves and three more advanced variations to give your body an extra boost. "Maintain your gaze directly in front of you and keep your back straight to avoid injury," says Lucy. "Drop low enough so your thighs are parallel to the ground. This ensures your legs are working and boosts flexibility."

## « Basic squat

Stand with feet hip-width apart. Keep your feet flat and back straight, then lower into a sitting position. Lift your arms out in front of you to balance. Hold for 3 seconds, push your heels into the floor and drive up to standing.



## « Narrow squat

Stand with your feet together and repeat the squat move (left), keeping your legs close. Clasp your hands together out in front of you to keep your balance. Hold for 3 seconds, then drive back up to the starting position.



**BODY BONUS**  
Tests your balance.

## « Sumo squat

Stand with your legs wider than shoulder-width apart, feet and knees turned out. With hands clasped in front of you, lower into a squat position. Hold for 3 seconds, then return to your starting position.



## « Eagle squat

Start with your legs together. Lift your right leg over your left leg, so they're crossed. Interlink your arms so your right elbow is underneath your left, palms touching. Squat down, hold for 3 seconds, switch sides and repeat.



## « Jump squat

Stand with feet hip-width apart and perform a standard squat. Swing your arms back to create momentum and jump up as high as you can. Land on slightly bent knees, before squatting down again and repeating. Repeat reps in a smooth, continuous cycle.



**BODY BONUS**  
This can be classed as a cardio move as it gets the heart pumping big time!

## « Bulgarian split squat

Stand in front of a chair or box, hands clasped. Lift your left leg back to rest the front of your foot on the box (front knee should be slightly bent). Bend both knees to lower into a lunge, with back knee pointing towards the floor. Pause, then return to starting position. Switch sides and repeat.



**BODY BONUS**  
Boosts your flexibility.



# » HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
Body-weight moves are great for beginners, but adding weights will build your strength.

**1** ☐  
5 x Basic squat  
5 x Narrow squat  
5 x Sumo squat

**2** ☐  
6 x Basic squat  
6 x Narrow squat  
6 x Sumo squat

**3** ☐  
7 x Basic squat  
7 x Narrow squat  
7 x Sumo squat

**4** ☐  
8 x Basic squat  
8 x Narrow squat  
8 x Sumo squat

**5** ☐  
REST DAY

**6** ☐  
9 x Basic squat  
9 x Narrow squat  
9 x Sumo squat

**7** ☐  
10 x Basic squat  
10 x Narrow squat  
10 x Sumo squat

**8** ☐  
11 x Basic squat  
11 x Narrow squat  
11 x Sumo squat

**9** ☐  
12 x Basic squat  
12 x Narrow squat  
12 x Sumo squat

**10** ☐  
REST DAY

**11** ☐  
14 x Basic squat  
14 x Narrow squat  
14 x Sumo squat

**12** ☐  
16 x Basic squat  
16 x Narrow squat  
16 x Sumo squat

**13** ☐  
18 x Basic squat  
18 x Narrow squat  
18 x Sumo squat

**14** ☐  
20 x Basic squat  
20 x Narrow squat  
20 x Sumo squat

**15** ☐  
REST DAY

**16** ☐  
5 x Eagle squat  
5 x Jump squat  
5 x Bulgarian split squat

**17** ☐  
6 x Eagle squat  
6 x Jump squat  
6 x Bulgarian split squat

**18** ☐  
7 x Eagle squat  
7 x Jump squat  
7 x Bulgarian split squat

**19** ☐  
8 x Eagle squat  
8 x Jump squat  
8 x Bulgarian split squat

**20** ☐  
REST DAY

**21** ☐  
9 x Eagle squat  
9 x Jump squat  
9 x Bulgarian split squat

**22** ☐  
10 x Eagle squat  
10 x Jump squat  
10 x Bulgarian split squat

**23** ☐  
11 x Eagle squat  
11 x Jump squat  
11 x Bulgarian split squat

**24** ☐  
12 x Eagle squat  
12 x Jump squat  
12 x Bulgarian split squat

**25** ☐  
REST DAY

**26** ☐  
14 x Eagle squat  
14 x Jump squat  
14 x Bulgarian split squat

**27** ☐  
16 x Eagle squat  
16 x Jump squat  
16 x Bulgarian split squat

**28** ☐  
18 x Eagle squat  
18 x Jump squat  
18 x Bulgarian split squat

**29** ☐  
20 x Eagle squat  
20 x Jump squat  
20 x Bulgarian split squat

**30** ☐  
REST DAY

**TIP**  
Want to boost your flexibility? Raise your arms while squatting. You may be surprised how hard this is!





# 30 DAYS TO A **BETTER BUM!**

*(No squats required!)*

Want a pert posterior but sick of doing squats? Try these dynamic moves for a bikini-ready bottom in just one month

Squats certainly have their place when you want to tone up. But sometimes you just need to mix it up to test your body, target new muscles and, well, stop you from getting bored.

Trainer Anna Reich ([annareichpt.co.uk](http://annareichpt.co.uk)) has created a bespoke routine to firm and lift your derrière. These moves target your glutes, made up of three main muscles - your gluteus maximus (large muscle in the centre of each buttock), gluteus medius (at the top of each buttock) and gluteus minimus (towards the side of each buttock). "They are the largest group of muscles on your body - which means huge calorie burners! And they're key for everyday tasks, such as walking, sitting and standing," Anna highlights.

Apart from getting your bum Baywatch ready, these six moves will keep you fit and active. Turn the page to get started...







# YOUR 'SO LONG SQUATS' WORKOUT

When performing squats, people often let their quads do most of the work, so their bums don't get much of a workout. These moves will isolate your glutes, helping you get the results you want.

## » HIP THRUST

Lie face up on the floor, knees bent, feet flat on floor. Engage core and glutes, press your heels into the floor and drive your hips upwards. Pause at the top, squeeze glutes and lower back down.

Make sure you don't arch your chest.



## » HIP THRUST WITH LEG RAISE

Perform hip thrust (left). Before you lower back down, extend your left leg up as high as you can go. Hold, then return to the starting position and repeat on other side.



## » LEG RAISE

Stand with feet hip-width apart and rest your opposite hand to the leg you're moving on a chair for support. Slowly raise your right leg out to the side, hold, then slowly lower back down. Repeat on the other side.

Ditch the chair to boost your balance, too.



## » FROGGY GLUTE LIFT

Lie flat on your stomach, palms crossed in front of you, face resting on forearms. Bend knees so feet are facing the ceiling. Place your heels and toes together. Engage glutes and lift knees off the ground, while keeping feet together. Slowly lower and repeat.

Keep your body straight during the whole exercise.



## » SIDE LUNGE

Stand with feet shoulder-width apart, hands on hips. Step out to the side with right leg, bend your right knee and lower your body down. Keep your left leg straight. Pause, then return to start position and repeat on other side.



## » SIDE LUNGE WITH LEG RAISE

Perform the side lunge (left). But once you've performed the right-side lunge and are returning to the start position, lift your right leg up and out to the side. Return to start (feet shoulder-width apart) and repeat on other side.

## GO FURTHER

Want to take this workout to the next level? Try experimenting with a resistance band. You can learn more about them on page 100.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
Concentrate on your glutes during each move and remember to squeeze!

1 ☐

3 x hip thrust  
3 x leg raise  
3 x side lunge

2 ☐

4 x hip thrust  
4 x leg raise  
4 x side lunge

3 ☐

5 x hip thrust  
5 x leg raise  
5 x side lunge

4 ☐

6 x hip thrust  
6 x leg raise  
6 x side lunge

5 ☐

7 x hip thrust  
7 x leg raise  
7 x side lunge

6 ☐

8 x hip thrust  
8 x leg raise  
8 x side lunge

7 ☐

9 x hip thrust  
9 x leg raise  
9 x side lunge

8 ☐

REST DAY

9 ☐

10 x hip thrust  
10 x leg raise  
10 x side lunge

10 ☐

11 x hip thrust  
11 x leg raise  
11 x side lunge

11 ☐

12 x hip thrust  
12 x leg raise  
12 x side lunge

12 ☐

13 x hip thrust  
13 x leg raise  
13 x side lunge

13 ☐

14 x hip thrust  
14 x leg raise  
14 x side lunge

14 ☐

15 x hip thrust  
15 x leg raise  
15 x side lunge

15 ☐

16 x hip thrust  
16 x leg raise  
16 x side lunge

16 ☐

3 x hip thrust with leg raise  
3 x froggy glute lift  
3 x side lunge with leg raise

17 ☐

4 x hip thrust with leg raise  
4 x froggy glute lift  
4 x side lunge with leg raise

18 ☐

5 x hip thrust with leg raise  
5 x froggy glute lift  
5 x side lunge with leg raise

19 ☐

6 x hip thrust with leg raise  
6 x froggy glute lift  
6 x side lunge with leg raise

20 ☐

7 x hip thrust with leg raise  
7 x froggy glute lift  
7 x side lunge with leg raise

21 ☐

8 x hip thrust with leg raise  
8 x froggy glute lift  
8 x side lunge with leg raise

22 ☐

9 x hip thrust with leg raise  
9 x froggy glute lift  
9 x side lunge with leg raise

23 ☐

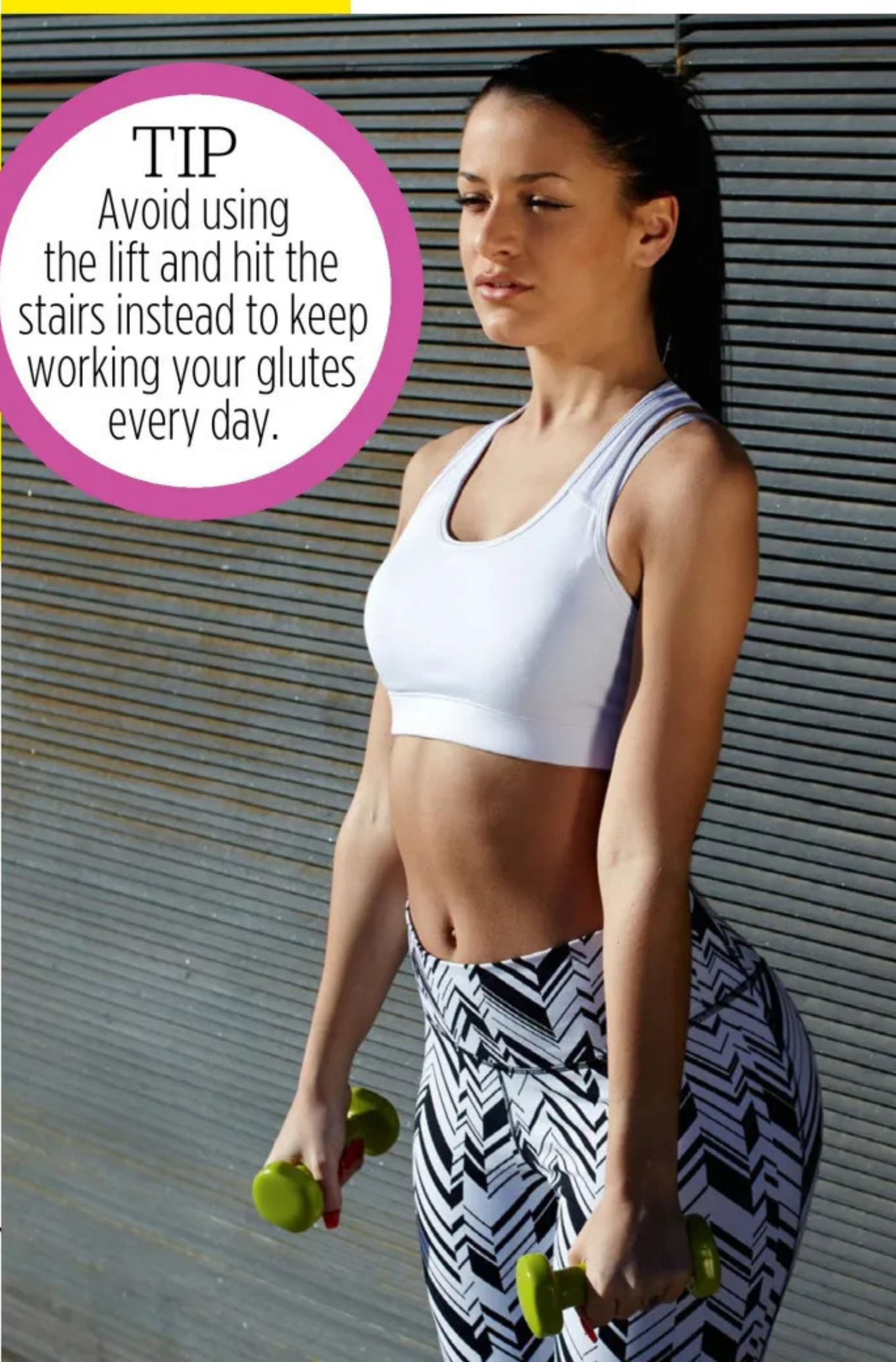
REST DAY

24 ☐

10 x hip thrust with leg raise  
10 x froggy glute lift  
10 x side lunge with leg raise

25 ☐

11 x hip thrust with leg raise  
11 x froggy glute lift  
11 x side lunge with leg raise



**TIP**  
Avoid using the lift and hit the stairs instead to keep working your glutes every day.

26 ☐

12 x hip thrust with leg raise  
12 x froggy glute lift  
12 x side lunge with leg raise

27 ☐

13 x hip thrust with leg raise  
13 x froggy glute lift  
13 x side lunge with leg raise

28 ☐

14 x hip thrust with leg raise  
14 x froggy glute lift  
14 x side lunge with leg raise

29 ☐

15 x hip thrust with leg raise  
15 x froggy glute lift  
15 x side lunge with leg raise

30 ☐

16 x hip thrust with leg raise  
16 x froggy glute lift  
16 x side lunge with leg raise



**W**ant to put a spring in your step and bag yourself a perky bottom? Forget complicated exercise routines, all you need is one move - a jump! Not just a playground throwback, jumping can also boost energy and firm up your derrière. Plyometrics - the technical word for jumping moves - will increase your power and strength.

"This is because plyometrics focuses on your fast twitch muscle fibres (which are used in dynamic bursts of movement

like sprinting and lifting weights)," explains celebrity trainer Chris Richardson. "This type of training can also boost weight loss and help tone and define your muscles," he adds. Plus, the post-training boost, will keep you burning calories long after you've unlaced your trainers. But jumping doesn't just make you look good, it helps you feel good too. It can help improve bone density plus the explosive movements will rev up your metabolism and leave you raring to go. It's the ultimate bum and mood lift!

# JUMP

# TO IT!

Get fitter and firmer with this quick daily workout designed to help you burn fat AND tone up fast...







# YOUR PERKY PLYOMETRICS MOVES

» These will firm up your glutes (bum), quads and hamstrings (thighs). To perfect your technique, Chris says, "Use your arms to fire downwards, flex your knees, hinge through your trunk and drive up from there."

Focus on three jumps each day, building up the numbers gradually. Aim to pack in 60 jumps in 30 minutes by the end of the first 30 days.

## » STAR JUMP

Stand with knees soft, feet shoulder width apart and arms relaxed at your sides. Bend your legs and jump up as high as you can, while extending your limbs out fully to create a star shape mid-air. Return to the start position.

LAND SOFTLY WITH KNEES BENT.

MAINTAIN A SLIGHT BEND IN THE KNEES.

## « FROG JUMP

Start in a standing position. Slowly squat down all the way to the ground and place both hands in front of you, but try not to use them for balance. Explode up into the air, throwing arms back, before landing as quietly as possible back into the low squat.

THIS IS A GREAT CARDIO EXERCISE TOO.

KEEP YOUR WEIGHT EVENLY DISTRIBUTED.

## « LONG JUMP

Stand in a partial squat stance, with feet shoulder width apart and arms by your sides. Using a big arm swing upwards, jump forwards as far as you can, reaching with your legs. Land softly with knees bent.

## » SQUAT JUMP

Stand with feet shoulder-width apart. Engage your core and lower into a squat position bringing your hands together at chest level, palms face-down, before jumping up as high as you can, releasing your hands and throwing them behind you. Lower back into the squat position to complete one rep.

USE YOUR WHOLE FOOT TO JUMP, NOT JUST YOUR TOES.

## « ICE SKATER

Stand with feet shoulder-width apart. Start by hopping onto your right foot, while sweeping your left leg behind your right. From this position, hop back to your left foot, sweeping your right leg around, behind your left leg.

## » TUCK JUMP

Stand with feet shoulder width apart, arms out at chest level, palms facing the floor. Engage your core and lower into slight squat position, before jumping up as high as you can, pulling your knees towards your chest, aiming to touch the palms of your hands.

FOCUS ON YOUR TECHNIQUE FIRST, RATHER THAN ON THE HEIGHT.



## » YOUR 30 DAY WORKOUT CHART

**TIP**  
Strengthen glutes with squats and lunges to generate more power in your jumps and to avoid putting stress on your joints.

|                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>1</b> <input type="checkbox"/><br><b>5x</b> Star jump<br><b>5x</b> Squat jump<br><b>5x</b> Long jump     | <b>2</b> <input type="checkbox"/><br><b>6x</b> Star jump<br><b>6x</b> Squat jump<br><b>6x</b> Long jump     | <b>3</b> <input type="checkbox"/><br><b>7x</b> Star jump<br><b>7x</b> Squat jump<br><b>7x</b> Long jump     | <b>4</b> <input type="checkbox"/><br><b>8x</b> Star jump<br><b>8x</b> Squat jump<br><b>8x</b> Long jump     |
| <b>5</b> <input type="checkbox"/><br><b>9x</b> Star jump<br><b>9x</b> Squat jump<br><b>9x</b> Long jump     | <b>6</b> <input type="checkbox"/><br><b>10x</b> Star jump<br><b>10x</b> Squat jump<br><b>10x</b> Long jump  | <b>7</b> <input type="checkbox"/><br><b>11x</b> Star jump<br><b>11x</b> Squat jump<br><b>11x</b> Long jump  | <b>8</b> <input type="checkbox"/><br>REST DAY                                                               |
| <b>9</b> <input type="checkbox"/><br><b>12x</b> Star jump<br><b>12x</b> Squat jump<br><b>12x</b> Long jump  | <b>10</b> <input type="checkbox"/><br><b>13x</b> Star jump<br><b>13x</b> Squat jump<br><b>13x</b> Long jump | <b>11</b> <input type="checkbox"/><br><b>14x</b> Star jump<br><b>14x</b> Squat jump<br><b>14x</b> Long jump | <b>12</b> <input type="checkbox"/><br><b>15x</b> Star jump<br><b>15x</b> Squat jump<br><b>15x</b> Long jump |
| <b>13</b> <input type="checkbox"/><br><b>16x</b> Star jump<br><b>16x</b> Squat jump<br><b>16x</b> Long jump | <b>14</b> <input type="checkbox"/><br><b>18x</b> Star jump<br><b>18x</b> Squat jump<br><b>18x</b> Long jump | <b>15</b> <input type="checkbox"/><br><b>20x</b> Star jump<br><b>20x</b> Squat jump<br><b>20x</b> Long jump |                                                                                                             |
| <b>16</b> <input type="checkbox"/><br><b>5x</b> Frog jump<br><b>5x</b> Ice skater<br><b>5x</b> Tuck jump    | <b>17</b> <input type="checkbox"/><br><b>6x</b> Frog jump<br><b>6x</b> Ice skater<br><b>6x</b> Tuck jump    | <b>18</b> <input type="checkbox"/><br><b>7x</b> Frog jump<br><b>7x</b> Ice skater<br><b>7x</b> Tuck jump    | <b>19</b> <input type="checkbox"/><br><b>8x</b> Frog jump<br><b>8x</b> Ice skater<br><b>8x</b> Tuck jump    |
| <b>20</b> <input type="checkbox"/><br><b>9x</b> Frog jump<br><b>9x</b> Ice skater<br><b>9x</b> Tuck jump    |                                                                                                             |                                                                                                             |                                                                                                             |
| <b>21</b> <input type="checkbox"/><br><b>10x</b> Frog jump<br><b>10x</b> Ice skater<br><b>10x</b> Tuck jump | <b>22</b> <input type="checkbox"/><br><b>11x</b> Frog jump<br><b>11x</b> Ice skater<br><b>11x</b> Tuck jump | <b>23</b> <input type="checkbox"/><br>REST DAY                                                              | <b>24</b> <input type="checkbox"/><br><b>12x</b> Frog jump<br><b>12x</b> Ice skater<br><b>12x</b> Tuck jump |
| <b>25</b> <input type="checkbox"/><br><b>13x</b> Frog jump<br><b>13x</b> Ice skater<br><b>13x</b> Tuck jump |                                                                                                             |                                                                                                             |                                                                                                             |
| <b>26</b> <input type="checkbox"/><br><b>14x</b> Frog jump<br><b>14x</b> Ice skater<br><b>14x</b> Tuck jump | <b>27</b> <input type="checkbox"/><br><b>15x</b> Frog jump<br><b>15x</b> Ice skater<br><b>15x</b> Tuck jump | <b>28</b> <input type="checkbox"/><br><b>16x</b> Frog jump<br><b>16x</b> Ice skater<br><b>16x</b> Tuck jump | <b>29</b> <input type="checkbox"/><br><b>18x</b> Frog jump<br><b>18x</b> Ice skater<br><b>18x</b> Tuck jump |
| <b>30</b> <input type="checkbox"/><br><b>20x</b> Frog jump<br><b>20x</b> Ice skater<br><b>20x</b> Tuck jump |                                                                                                             |                                                                                                             |                                                                                                             |

**TIP**  
To avoid straining muscles, always warm up and stretch before jumping. This is crucial!







**W**ant a firmer and flatter tum, but the thought of performing 20

ab crunches in a row fills you with dread? Us too! Well, thanks to personal trainer Maria Sam, we have a workout plan without a crunch or a plank in sight.

"It's not difficult to tone up your abs. But if you still believe one million crunches will get you there, I'm afraid I'll disappoint you." Well, disappointed we are not. So what's her secret?

"First, you need to shift body fat - that means cutting out processed food, refined sugars and fizzy drinks," explains Maria. "Then you need to focus on your core muscles - those that support your organs and your six-pack. And relax! When you're stressed, cortisol kicks in and stores fat in your abs." Get started with our workout over the page.

FLAT ABS IN

**30 DAYS!**

Our no-crunch, no-plank workout will leave you with a taut and toned tum in just one month



# YOUR SIX SMART TUMMY TONERS

These simple but effective exercises target both groups of core muscles.

If you're finding them too easy, add weights or try the more advanced version.



## » SLALOM TWIST

Stand with your feet together and your hands touching at chest height, elbows pointing out to the sides. Jump from side to side, twisting your hips from left to right as you do so, while keeping your upper body still.

**PROGRESSION TIP**  
Do it on an unstable surface for an extra challenge.

## » KNEELING WOOD CHOP

Hold hands high above your head. Simultaneously, perform a forwards lunge, so right leg is forward and both legs are at right angles, and swing your arms down to the bottom right-hand corner, while twisting torso. Switch sides and repeat.

**PROGRESSION TIP**  
Hold a 2-5kg dumbbell in your hands.



## » BEAST TWIST

On all fours, tuck toes in, so on balls of feet. Lift knees inch off floor. Lift right foot off floor, extend to left side, lifting left hand. Repeat on other side.

**PROGRESSION TIP**  
Use ankle weights.

## » STRAIGHT LEG BICYCLE

Lie on back. Lift legs up towards ceiling. Place hands behind head (but don't pull your neck). Engage abs and bring right elbow towards left leg, while lowering right leg to just above the floor. Return to start and repeat on other side.

**PROGRESSION TIP**  
Add ankle weights.



## » DEAD BUG

Lie on your back, extend arms towards ceiling. Raise legs up to form right angles. Exhale to flatten back to the floor. Lower opposite arm (behind your head) and foot to the floor. Return to start and repeat on the other side.

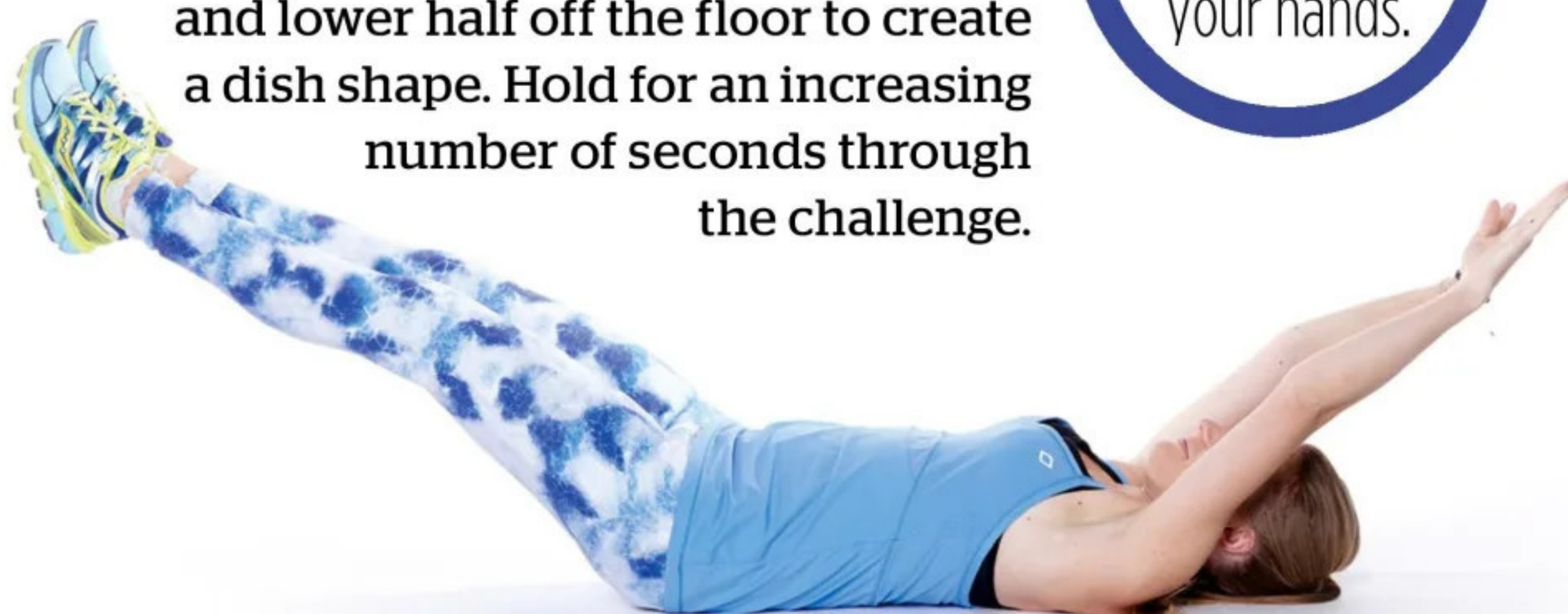
**PROGRESSION TIP**  
Hold a Swiss ball between your arms and knees.



## » FRUIT BOAT

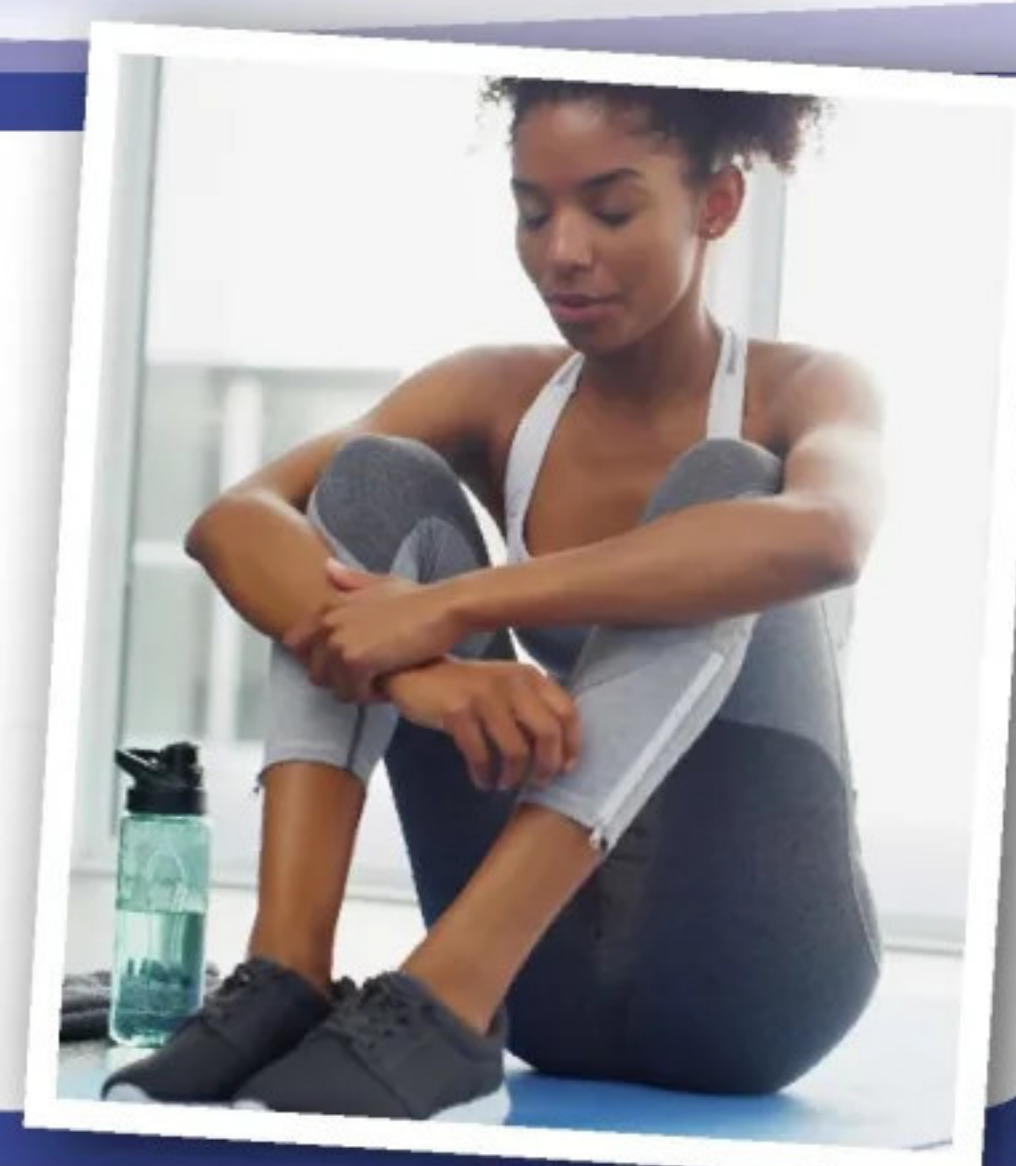
Lie on your back, extend arms above your head. Lift head, neck, shoulders and lower half off the floor to create a dish shape. Hold for an increasing number of seconds through the challenge.

**PROGRESSION TIP**  
Hold a 2-5kg dumbbell in your hands.



## REST UP

Sure, it's tempting to rinse your core every day until you achieve those abs, but that's not going to do you a lot of help. Like every other muscle in your body, your abs need a break to recover too. So make sure you don't skip out on those rest days on the challenge chart!





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
If you can easily perform 15 reps of each move, push yourself and try the upgrade.

1 ☐

3 x Straight leg bicycles  
3 x Slalom twists  
3 x Kneeling wood chops

2 ☐

4 x Straight leg bicycles  
4 x Slalom twists  
4 x Kneeling wood chops

3 ☐

5 x Straight leg bicycles  
5 x Slalom twists  
5 x Kneeling wood chops

4 ☐

6 x Straight leg bicycles  
6 x Slalom twists  
6 x Kneeling wood chops

5 ☐

7 x Straight leg bicycles  
7 x Slalom twists  
7 x Kneeling wood chops

6 ☐

8 x Straight leg bicycles  
8 x Slalom twists  
8 x Kneeling wood chops

7 ☐

9 x Straight leg bicycles  
9 x Slalom twists  
9 x Kneeling wood chops

8 ☐

REST DAY

9 ☐

10 x Straight leg bicycles  
10 x Slalom twists  
10 x Kneeling wood chops

10 ☐

11 x Straight leg bicycles  
11 x Slalom twists  
11 x Kneeling wood chops

11 ☐

12 x Straight leg bicycles  
12 x Slalom twists  
12 x Kneeling wood chops

12 ☐

13 x Straight leg bicycles  
13 x Slalom twists  
13 x Kneeling wood chops

13 ☐

14 x Straight leg bicycles  
14 x Slalom twists  
14 x Kneeling wood chops

14 ☐

15 x Straight leg bicycles  
15 x Slalom twists  
15 x Kneeling wood chops

15 ☐

REST DAY

16 ☐

3 x Dead bugs  
3 x Fruit boats  
3 x Beast twists

17 ☐

4 x Dead bugs  
4 x Fruit boats  
4 x Beast twists

18 ☐

5 x Dead bugs  
5 x Fruit boats  
5 x Beast twists

19 ☐

6 x Dead bugs  
6 x Fruit boats  
6 x Beast twists

20 ☐

7 x Dead bugs  
7 x Fruit boats  
7 x Beast twists

21 ☐

8 x Dead bugs  
8 x Fruit boats  
8 x Beast twists

22 ☐

REST DAY

23 ☐

9 x Dead bugs  
9 x Fruit boats  
9 x Beast twists

24 ☐

10 x Dead bugs  
10 x Fruit boats  
10 x Beast twists

25 ☐

11 x Dead bugs  
11 x Fruit boats  
11 x Beast twists

26 ☐

12 x Dead bugs  
12 x Fruit boats  
12 x Beast twists

27 ☐

13 x Dead bugs  
13 x Fruit boats  
13 x Beast twists

28 ☐

14 x Dead bugs  
14 x Fruit boats  
14 x Beast twists

29 ☐

15 x Dead bugs  
15 x Fruit boats  
15 x Beast twists

30 ☐

REST DAY



**TIP**  
Avoid side-to-side weighted tilts. You'll simply increase your muscles on either side.



# CRAFT YOUR CORE IN 30 DAYS

*(No lying down required!)*

Get firmer abs fast with this stand-up core workout from personal trainer Zanna Van Dijk

**F**orget dropping and doing 100 sit-ups for toned abs. You can slim and sculpt your upper body just by standing up.

“These standing exercises tend to engage more muscles, than ones performed on the floor,” explains personal trainer and fitness blogger Zanna Van Dijk. “They also support your physical function better, as you do these types of movements more often in everyday life.”

However, you should take your time with the routine. “Doing the exercises in a slow and controlled manner will make sure your surrounding muscles don’t take over and your core remains engaged,” adds Zanna.

For a slim and trim tum, stand up and take on these waist-whittling moves.







# YOUR SIX 'TAKE A STAND FOR FIRMER ABS' MOVES

The exercises for the first half of the month will isolate your core. The three moves for the second half of the month will not only challenge your midsection, but will also engage the surrounding muscles for a tougher workout.



## « Knee to opposite elbow

Standing tall, engage your core. Lift your right knee off the floor and twist it up to touch your left elbow. As you come out of the movement, extend your left arm to the ceiling and your right leg out to the floor. Repeat on the other side.

The twisting movements will target your obliques.



## « Chops

Standing tall, engage your core and hold your arms out in front of you, locking them straight. Bend your knees and twist down towards the floor, pointing your outstretched arms to the left side. Then, extend and twist your arms up and over your right shoulder. Repeat on the opposite side.

Too easy? Try adding a resistance band to this move.

## « Standing oblique bend

Standing tall, engage your core and place your fingertips by your ears. Lift your right knee off the floor and bring it up to touch your right elbow. Squeeze your core, specifically your obliques (your sides). As you come out of the move, extend your right leg towards the floor and return your arms to the starting position. Repeat on the other side.



## « Squat with frontal press

Stand with your feet hip-width apart and toes slightly pointed out. Squat down, sitting back into your heels. Pause, engage your core and extend your arms straight out in front of you. Stand up and repeat.



## « Lunge with twist

Take a long stride forwards with the right foot and press arms out in front of you, clasping your hands. Bend knees and lower into a lunge. Engage your core and twist your arms over your front leg, using the obliques. Slowly return to centre and step out of the lunge. Repeat on the other side.



## « Warrior balance

Standing tall, lift your left knee to a 90-degree angle. Lean forward and extend your arms overhead and your left leg behind you, until a straight line is formed. Engage your core to keep you stable. Return to starting position, but avoid placing your lifted foot on the floor. Complete your reps on one side, before switching sides.

## ADD WEIGHTS

Incorporating a couple of dumbbells in this workout can help boost your abdominal gains. Start light at first and then gradually work your way up to heavier sets.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!

**TIP**  
“Support this routine with a nutritious diet,” says Zanna. “Abs are made in the kitchen.”



**1** ☐  
**3 x** Knee to opposite elbow  
**3 x** Chops  
**3 x** Standing oblique bends

**2** ☐  
**4 x** Knee to opposite elbow  
**4 x** Chops  
**4 x** Standing oblique bends

**3** ☐  
**5 x** Knee to opposite elbow  
**5 x** Chops  
**5 x** Standing oblique bends

**4** ☐  
**6 x** Knee to opposite elbow  
**6 x** Chops  
**6 x** Standing oblique bends

**5** ☐  
**7 x** Knee to opposite elbow  
**7 x** Chops  
**7 x** Standing oblique bends

**6** ☐  
**8 x** Knee to opposite elbow  
**8 x** Chops  
**8 x** Standing oblique bends

**7** ☐  
**9 x** Knee to opposite elbow  
**9 x** Chops  
**9 x** Standing oblique bends

**8** ☐  
REST DAY

**9** ☐  
**10 x** Knee to opposite elbow  
**10 x** Chops  
**10 x** Standing oblique bends

**10** ☐  
**11 x** Knee to opposite elbow  
**11 x** Chops  
**11 x** Standing oblique bends

**11** ☐  
**12 x** Knee to opposite elbow  
**12 x** Chops  
**12 x** Standing oblique bends

**12** ☐  
**13 x** Knee to opposite elbow  
**13 x** Chops  
**13 x** Standing oblique bends

**13** ☐  
**14 x** Knee to opposite elbow  
**14 x** Chops  
**14 x** Standing oblique bends

**14** ☐  
**15 x** Knee to opposite elbow  
**15 x** Chops  
**15 x** Standing oblique bends

**15** ☐  
**16 x** Knee to opposite elbow  
**16 x** Chops  
**16 x** Standing oblique bends

**16** ☐  
REST DAY

**17** ☐  
**3 x** Warrior balance  
**3 x** Lunge with twist  
**3 x** Squat with frontal press

**18** ☐  
**4 x** Warrior balance  
**4 x** Lunge with twist  
**4 x** Squat with frontal press

**19** ☐  
**5 x** Warrior balance  
**5 x** Lunge with twist  
**5 x** Squat with frontal press

**20** ☐  
**6 x** Warrior balance  
**6 x** Lunge with twist  
**6 x** Squat with frontal press

**21** ☐  
**7 x** Warrior balance  
**7 x** Lunge with twist  
**7 x** Squat with frontal press

**22** ☐  
**8 x** Warrior balance  
**8 x** Lunge with twist  
**8 x** Squat with frontal press

**23** ☐  
**9 x** Warrior balance  
**9 x** Lunge with twist  
**9 x** Squat with frontal press

**24** ☐  
REST DAY

**25** ☐  
**10 x** Warrior balance  
**10 x** Lunge with twist  
**10 x** Squat with frontal press

**TIP**  
“Perform each move slowly to engage the right muscles and get the best results,” adds Zanna.

**26** ☐  
**11 x** Warrior balance  
**11 x** Lunge with twist  
**11 x** Squat with frontal press

**27** ☐  
**12 x** Warrior balance  
**12 x** Lunge with twist  
**12 x** Squat with frontal press

**28** ☐  
**13 x** Warrior balance  
**13 x** Lunge with twist  
**13 x** Squat with frontal press

**29** ☐  
**14 x** Warrior balance  
**14 x** Lunge with twist  
**14 x** Squat with frontal press

**30** ☐  
**15 x** Warrior balance  
**15 x** Lunge with twist  
**15 x** Squat with frontal press







Not thought about your bikini body yet? Don't sweat. There's always time to whip your waist into shape with this challenge.

But this isn't your average abs workout. You'll be twisting and turning to help melt fat and sculpt your sides for a long and lean torso.

"It's a missed opportunity if you don't twist," says Amy Tarr, founder of personal training company Giant Leap Training ([giantleaptraining.com](http://giantleaptraining.com)). "It's a great way to target the sides of your abdomen and stubborn muffin top, and also return to core training after having a baby. I started these moves after my own postnatal checks. Just keep your twists slow and gentle to safely tone your tum."

# Twist your way to a

# TRIMMER WAIST

Want to slim down for summer, or looking for a smart way to shift baby weight? Our twist-and-turn challenge is guaranteed to tone your waist!







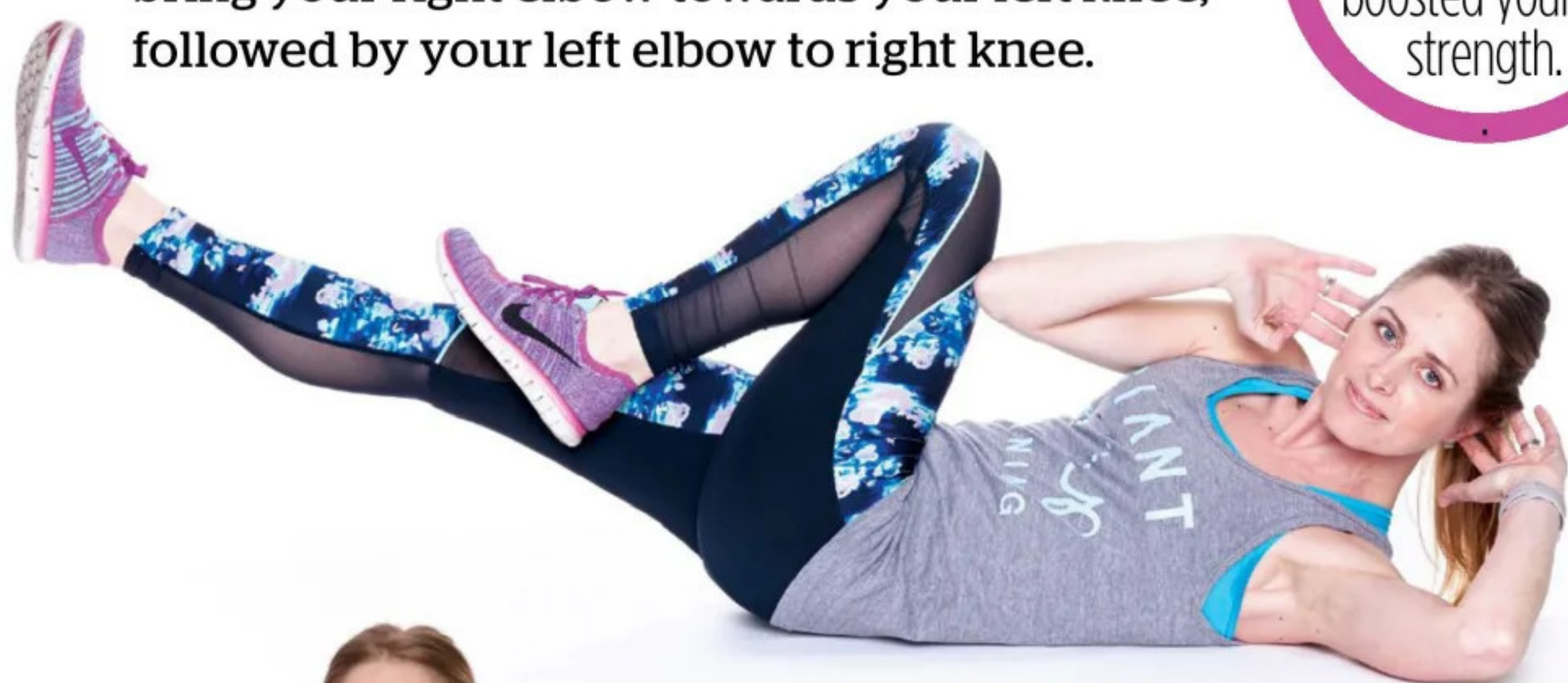
# YOUR TWISTING MOVES

These focus on your internal and external obliques (your sides). “They’re key for toning your waist and improving core stability,” says Amy.

## » CYCLE CRUNCHES

Lie on the floor, spine neutral and abdominal muscles engaged. Place hands on either side of your head, elbows out. Lift both knees into a right angle and flex your feet. Slowly and simultaneously, cycle your legs while twisting your torso to bring your right elbow towards your left knee, followed by your left elbow to right knee.

New mums, hold off on this move until you’ve boosted your ab strength.



## « REVERSE LUNGE WITH TWIST

Stand with feet hip-width apart. Step back into a lunge position. Tighten your abdominal muscles before slowly twisting to the right, then the left. Return to start and repeat on other side to complete one rep.

Don’t let your front knee go over your toes during the lunge.



## « JUMPING TWIST

Stand with your feet together, keeping knees soft. Bring arms to shoulder height, with elbows out and hands together in front of you. Keep your upper body facing forward, jump and rotate your feet left and then right.

This move incorporates cardio, too, to help burn fat.



## » CROSS-BODY MOUNTAIN CLIMBER

Go into a push-up position with your hands shoulder-width apart, your spine in a neutral position and your abs engaged.

Twist your right leg at the hip, bringing your right knee up and across your body towards your chest.

Lower your leg and repeat on the other side for one rep.



## » RUSSIAN TWIST WITH HAND TAPS

Sit on the floor with knees together. Brace your core, then lean back and take your feet off the floor. Slowly twist from your waist to the left and tap your hands on the floor. Return to centre and repeat on other side.



## » LYING TORSO TWIST

Lie on your back with your legs raised and knees bent to create a right angle, arms out to the side. Keeping your core braced, slowly twist your legs to the left, exhaling on the decline and inhaling as you bring your legs back to centre. Repeat on other side to complete one rep.



## GRAB A MAT..

Surfaces at home, especially hard floors, might be unsuitable for working out on. Grab an exercise or yoga mat to help make yourself comfortable.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!

**TIP**  
Start with a neutral spine and engage your core to prevent back pain.

|                                                                                                                                                     |                                                                                                                                                     |                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> <input type="checkbox"/><br><b>3x</b> Lying torso twist<br><b>3x</b> Reverse lunge with twist<br><b>3x</b> Cross-body mountain climber     | <b>2</b> <input type="checkbox"/><br><b>4x</b> Lying torso twist<br><b>4x</b> Reverse lunge with twist<br><b>4x</b> Cross-body mountain climber     | <b>3</b> <input type="checkbox"/><br><b>5x</b> Lying torso twist<br><b>5x</b> Reverse lunge with twist<br><b>5x</b> Cross-body mountain climber     |
| <b>4</b> <input type="checkbox"/><br><b>6x</b> Lying torso twist<br><b>6x</b> Reverse lunge with twist<br><b>6x</b> Cross-body mountain climber     | <b>5</b> <input type="checkbox"/><br><b>7x</b> Lying torso twist<br><b>7x</b> Reverse lunge with twist<br><b>7x</b> Cross-body mountain climber     | <b>6</b> <input type="checkbox"/><br><b>8x</b> Lying torso twist<br><b>8x</b> Reverse lunge with twist<br><b>8x</b> Cross-body mountain climber     |
| <b>7</b> <input type="checkbox"/><br><b>9x</b> Lying torso twist<br><b>9x</b> Reverse lunge with twist<br><b>9x</b> Cross-body mountain climber     | <b>8</b> <input type="checkbox"/><br>REST DAY                                                                                                       | <b>9</b> <input type="checkbox"/><br><b>10x</b> Lying torso twist<br><b>10x</b> Reverse lunge with twist<br><b>10x</b> Cross-body mountain climber  |
| <b>10</b> <input type="checkbox"/><br><b>11x</b> Lying torso twist<br><b>11x</b> Reverse lunge with twist<br><b>11x</b> Cross-body mountain climber | <b>11</b> <input type="checkbox"/><br><b>12x</b> Lying torso twist<br><b>12x</b> Reverse lunge with twist<br><b>12x</b> Cross-body mountain climber | <b>12</b> <input type="checkbox"/><br><b>13x</b> Lying torso twist<br><b>13x</b> Reverse lunge with twist<br><b>13x</b> Cross-body mountain climber |
| <b>13</b> <input type="checkbox"/><br><b>14x</b> Lying torso twist<br><b>14x</b> Reverse lunge with twist<br><b>14x</b> Cross-body mountain climber | <b>14</b> <input type="checkbox"/><br><b>15x</b> Lying torso twist<br><b>15x</b> Reverse lunge with twist<br><b>15x</b> Cross-body mountain climber | <b>15</b> <input type="checkbox"/><br><b>16x</b> Lying torso twist<br><b>16x</b> Reverse lunge with twist<br><b>16x</b> Cross-body mountain climber |
| <b>16</b> <input type="checkbox"/><br><b>3x</b> Jumping twist<br><b>3x</b> Russian twist with hand taps<br><b>3x</b> Cycle crunches                 | <b>17</b> <input type="checkbox"/><br><b>4x</b> Jumping twist<br><b>4x</b> Russian twist with hand taps<br><b>4x</b> Cycle crunches                 | <b>18</b> <input type="checkbox"/><br><b>5x</b> Jumping twist<br><b>5x</b> Russian twist with hand taps<br><b>5x</b> Cycle crunches                 |
| <b>19</b> <input type="checkbox"/><br><b>6x</b> Jumping twist<br><b>6x</b> Russian twist with hand taps<br><b>6x</b> Cycle crunches                 | <b>20</b> <input type="checkbox"/><br><b>7x</b> Jumping twist<br><b>7x</b> Russian twist with hand taps<br><b>7x</b> Cycle crunches                 | <b>21</b> <input type="checkbox"/><br><b>8x</b> Jumping twist<br><b>8x</b> Russian twist with hand taps<br><b>8x</b> Cycle crunches                 |
| <b>22</b> <input type="checkbox"/><br>REST DAY                                                                                                      | <b>23</b> <input type="checkbox"/><br><b>9x</b> Jumping twist<br><b>9x</b> Russian twist with hand taps<br><b>9x</b> Cycle crunches                 | <b>24</b> <input type="checkbox"/><br><b>10x</b> Jumping twist<br><b>10x</b> Russian twist with hand taps<br><b>10x</b> Cycle crunches              |
| <b>25</b> <input type="checkbox"/><br><b>11x</b> Jumping twist<br><b>11x</b> Russian twist with hand taps<br><b>11x</b> Cycle crunches              | <b>26</b> <input type="checkbox"/><br><b>12x</b> Jumping twist<br><b>12x</b> Russian twist with hand taps<br><b>12x</b> Cycle crunches              | <b>27</b> <input type="checkbox"/><br><b>13x</b> Jumping twist<br><b>13x</b> Russian twist with hand taps<br><b>13x</b> Cycle crunches              |
| <b>28</b> <input type="checkbox"/><br><b>14x</b> Jumping twist<br><b>14x</b> Russian twist with hand taps<br><b>14x</b> Cycle crunches              | <b>29</b> <input type="checkbox"/><br><b>15x</b> Jumping twist<br><b>15x</b> Russian twist with hand taps<br><b>15x</b> Cycle crunches              | <b>30</b> <input type="checkbox"/><br><b>16x</b> Jumping twist<br><b>16x</b> Russian twist with hand taps<br><b>16x</b> Cycle crunches              |

**TIP**  
Twist through your full range of movement to really hone in on your obliques.





# The secret to tighter abs

Think you can't eat carbs  
and have a flat tum? We  
bust those belly myths and  
reveal what really helps  
you get a firmer core...



## MYTH 1

### YOU HAVE TO DO HUNDREDS OF STOMACH CRUNCHES TO GET ROCK-HARD ABS

**BUSTED** Knocking out 50 crunches a week to get that beach body? You may be doing more harm than good. They're notorious for bad technique - jutting your neck out as you curl up can create enormous strain. "People often bash out a set with little thought given to form or time under tension," explains Amy Tarr, founder of personal training company Giant Leap Training ([giantleaptraining.com](http://giantleaptraining.com)). "This can lead to your hip flexors taking over, making them short and tight." If you're going to do them, do them slowly. But if you're looking for a longer, leaner silhouette, try these oblique (your sides) exercises.

## 1 SIDE PLANK DIPS

Lie on your side with legs fully extended and weight supported by your forearm and palm resting on floor. Place one foot on top of the other and lift your body off the floor. Dip your hips down towards the floor, before lifting back up. Aim for 3 sets of 8.

## 2 CROSS BODY MOUNTAIN CLIMBERS

Begin in push-up position, with weight evenly distributed between your arms and heels. Engage core and draw your left knee as close to your right elbow as possible. Return to start and switch sides. Aim for 4 sets of 12.

## 3 WINDSHIELD WIPERS

Lie on your back and spread your arms at a 90-degree angle with your body. Raise your legs off the floor. Keep them together and rotate to the left, lowering towards, but not quite touching, the floor. Return to centre and repeat on the right. Aim for 4 sets of 12.



## MYTH 2

### TRAINING MY ABS CONTINUOUSLY WILL EVENTUALLY GIVE ME A SIX-PACK

**BUSTED** There's no point powering through planks if you still have a layer of fat surrounding your core. "If your body fat is over 12%, your abs will stay hidden, no matter how developed your rectus abdominis muscle is," explains Chris Richardson, co-founder of Zero Gravity Pilates ([zerogravitypilates.co.uk](http://zerogravitypilates.co.uk)). To shed this layer, you need to create a calorie deficit. Cut back on sugar, alcohol and refined carbs, eat a range of grains, fruit, vegetables and lean protein, and do at least 30 minutes of cardio exercise four times a week, including running, swimming, cycling or HIIT. But remember to give your body a break, too. "If you train your abs intensely, they need rest to recover and regenerate," says Chris. This will help them become stronger for your next session.

## MYTH 3

### YOU CAN'T EAT CARBS AND HAVE A FLAT TUM

**BUSTED** "There's no one size fits all. Some people will react better to carbs than others," says fitness writer and Fit at 40 campaigner James Crossley ([mrjamescrossley.com](http://mrjamescrossley.com)). James suggests recording a food diary for three days. "Most people will have a very high carb diet, so it might be time to limit your intake of calories and carbs, especially if you're trying to lose body fat." But James believes any dietary changes need to be small and sustainable if you want to avoid piling the weight back on. "Switch your pasta and white rice for brown rice and sweet potato or ditch sugary cereal for a couple of poached eggs and salmon."

## MYTH 4

### SLOWER REPS ARE BETTER FOR TONING YOUR ABS

**BUSTED** Doing ab exercises at a slow, controlled pace is great, especially when doing sit-ups, but it's even better if you can mix up your rep speeds. "Slow reps help you focus on the target muscle. However, fast reps use more muscle fibres, especially the external obliques (the ones that define your waist)," explains Chris. "Start with slow, controlled reps, then finish off with faster pulses to get maximum activation and exhaust the muscle."

## Roll on!

Use an ab roller to target your core, suggests Chris. Get down on all fours and hold an ab roller out in front of you. Slowly roll the ab roller forwards, stretching your body into a straight position. Then roll back.

## MYTH 5

### IT WILL TAKE YEARS TO GET MY STOMACH IN SHAPE

**BUSTED** We all have abs, we just need to find them. Trainer Scott Laidler recommends taking up a full-body training regime - so that means mixing in cardio workouts as well as core-strength training, too - and you

should notice visual changes after about four weeks. He's also a big fan of Pilates. "You'll experience a different relationship with your abdominal muscles than you've ever had before," says Scott. "Once you've established a connection with your ab muscles, you'll be more in control of your core and your stomach will appear flatter."

### SCOTT'S TOP TUMMY TONER? THE CORKSCREW

This is a great move for all your core muscles, particularly your obliques. Lie on your back, arms by your side, palms down and extend legs to the ceiling. Keeping legs together, lower them to the right, then circle down towards the floor as far as you can go, without straining your back. Then lift round to the left and back to the start. Repeat in the other direction.





Photo Getty



# **UPPER BODY AND STRENGTH**

Strength training is ideal if you want to shift that stubborn fat, keep your muscles toned and those bingo wings at bay. If the thought of walking through the weights section of a gym has ever put you off, though, you shouldn't worry. Here, we'll show you a selection of strength-themed workouts, both with and without weights, that you can do from the comfort of your home.









# BLITZ

## BINGO WINGS

### IN 30 DAYS

*(No dumbbells required!)*

Our power-boosting Pilates workout will leave arms trim, toned and oh-so gorgeous

**W**e all want arms like Wonder Woman, aka the incredible Gal Gadot, but there's no need to risk looking like a dumbbell virgin in the weights room. A pair of arms to rival those of the toned action star can be achieved in the comfort of your own home, thanks to this Pilates routine from Caroline Sandry.

When it comes to toning up, Pilates exercises are some of the best around, due to the concentration and body control needed. "They also work your whole body," explains Caroline. "So while you are strengthening your arms, you're challenging your core and pelvis too."



# YOUR SIX ARM-SCULPTING MOVES

This muscle-pumping Pilates routine will target biceps (at the front of your arm), triceps (at the back of your arm) and shoulders. "It's important to strengthen our arms as we age, as we lose both strength and tone unless we work them against resistance," explains Caroline.

## « Arm circles

Standing, extend your arms straight out to the sides so they're parallel to the floor. Slowly start to make circles of about 1ft in diameter, breathing normally. Perform the reps clockwise, then anticlockwise.



## « Elbow plank to hand plank

Perform a plank with your weight resting on your forearms and balls of your feet. Push up on to your right hand, keeping the left forearm down. Bring the left arm up to join the right, so both hands are flat on the floor. Lower the right arm to rest on your forearm, then bring the left arm back down to join it.



## « Roll down with push-up

Roll down through each vertebra of your spine until you're hinging forward from your waist and your arms are hanging down by your sides. Walk your hands forwards across the floor to form a plank. Lower down into a press-up. Push back up, walk your hands back to your feet, then roll back up.



WORKS  
TRICEPS, BICEPS,  
SHOULDERS  
& CORE

## « Standing arm beats

Extend your arms to shoulder height with your thumbs up. Press your arms back for a count of four, keeping your torso still, then turn your thumbs down and press back for a count of four.



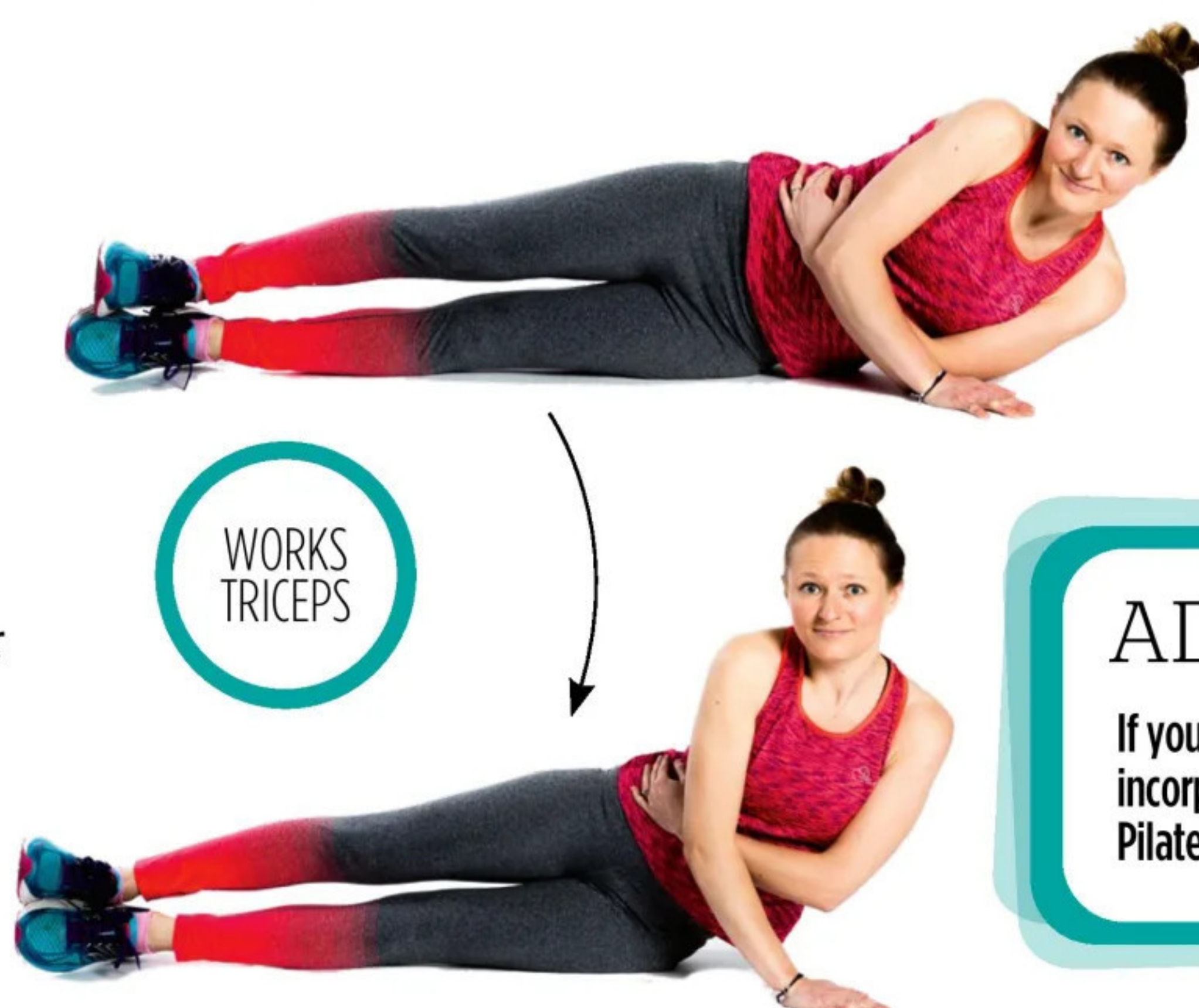
## « The bug

Stand, feet hip-width apart, arms by your sides, with your hands in loose fists, the palms facing back. Bend your knees and hinge forward at the waist, arms hanging down. Keep your shoulders down and core engaged. Squeeze the back of your shoulders to pull your elbows up and engage the triceps at the top of the movement. Let your arms back down.



## « Tricep side press

Lie down on one side, stacking your hips and feet on top of each other. Place your top hand on the mat in front of your bottom shoulder and the bottom hand around your waist, below your chest. Use the top arm to press yourself up and lower yourself back down. Repeat on the other side.



## ADD MOVES

If you want to diversify this workout a bit, try incorporating some moves from our Pilates-themed workout on page 36.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!

## TIP

Try an arms-focused exercise class, such as boxing, to burn fat and tone you up at the same time.



1



**3x** Arm circles  
**3x** Roll down with push-up  
**3x** The bug

2



**4x** Arm circles  
**4x** Roll down with push-up  
**4x** The bug

3



**5x** Arm circles  
**5x** Roll down with push-up  
**5x** The bug

4



**6x** Arm circles  
**6x** Roll down with push-up  
**6x** The bug

5



**7x** Arm circles  
**7x** Roll down with push-up  
**7x** The bug

6



**8x** Arm circles  
**8x** Roll down with push-up  
**8x** The bug

7



**9x** Arm circles  
**9x** Roll down with push-up  
**9x** The bug

8



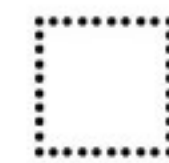
REST DAY

9



**10x** Arm circles  
**10x** Roll down with push-up  
**10x** The bug

10



**11x** Arm circles  
**11x** Roll down with push-up  
**11x** The bug

11



**12x** Arm circles  
**12x** Roll down with push-up  
**12x** The bug

12



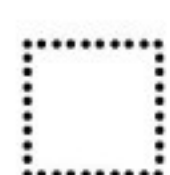
**13x** Arm circles  
**13x** Roll down with push-up  
**13x** The bug

13



**14x** Arm circles  
**14x** Roll down with push-up  
**14x** The bug

14



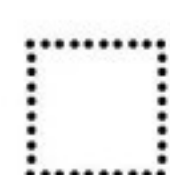
**15x** Arm circles  
**15x** Roll down with push-up  
**15x** The bug

15



**16x** Arm circles  
**16x** Roll down with push-up  
**16x** The bug

16



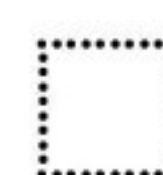
REST DAY

17



**3x** Standing arm beats  
**3x** Elbow plank to hand plank  
**3x** Tricep side press

18



**4x** Standing arm beats  
**4x** Elbow plank to hand plank  
**4x** Tricep side press

19



**5x** Standing arm beats  
**5x** Elbow plank to hand plank  
**5x** Tricep side press

20



**6x** Standing arm beats  
**6x** Elbow plank to hand plank  
**6x** Tricep side press

21



**7x** Standing arm beats  
**7x** Elbow plank to hand plank  
**7x** Tricep side press

22



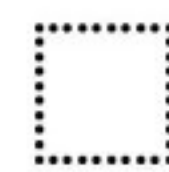
**8x** Standing arm beats  
**8x** Elbow plank to hand plank  
**8x** Tricep side press

23



REST DAY

24



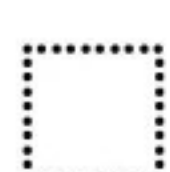
**9x** Standing arm beats  
**9x** Elbow plank to hand plank  
**9x** Tricep side press

25



**10x** Standing arm beats  
**10x** Elbow plank to hand plank  
**10x** Tricep side press

26



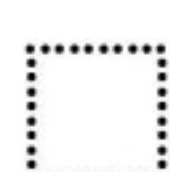
**12x** Standing arm beats  
**12x** Elbow plank to hand plank  
**12x** Tricep side press

27



**14x** Standing arm beats  
**14x** Elbow plank to hand plank  
**14x** Tricep side press

28



**16x** Standing arm beats  
**16x** Elbow plank to hand plank  
**16x** Tricep side press

29



**18x** Standing arm beats  
**18x** Elbow plank to hand plank  
**18x** Tricep side press

30



**20x** Standing arm beats  
**20x** Elbow plank to hand plank  
**20x** Tricep side press



## TIP

Own a treadmill? Walk on an incline of 10%, lean forward and hold the handrails to include an arm workout.

Words Natalia Lubomirski Photos Getty, Sam Riley/Wonderhatch/Silverhub





# Fighting



Box yourself slim with this  
intensive four-week plan...



**I**t doesn't matter if you don't know a hook from an uppercut, anyone can reap the benefits of boxing. Thanks to the combination of powerful punches and fast footwork, it provides a great full-body workout.

"The benefits really are endless," explains Louis Rennocks, co-founder of The Boxx Method and creator of this four-week plan. "It burns fat, conditions your muscles, improves technique, increases strength, power, speed and endurance, aids weight loss, ramps up energy, reduces stress and boosts confidence." Phew! And all this in just 30 minutes? And if that wasn't enough, it targets your all-important core too.

"Every move originates from your core, so you should feel this area engage when throwing the punching combos," says Louis. Best of all, you don't have to get inside the boxing ring to do it, either - you can get jabbing from the comfort of your own home.

### TOP TIP

"Speed comes from practice," explains Louis. "Once you're confident with the technique, the more you repeat it the quicker you'll become"

You can burn 400 calories by boxing for 30 minutes.

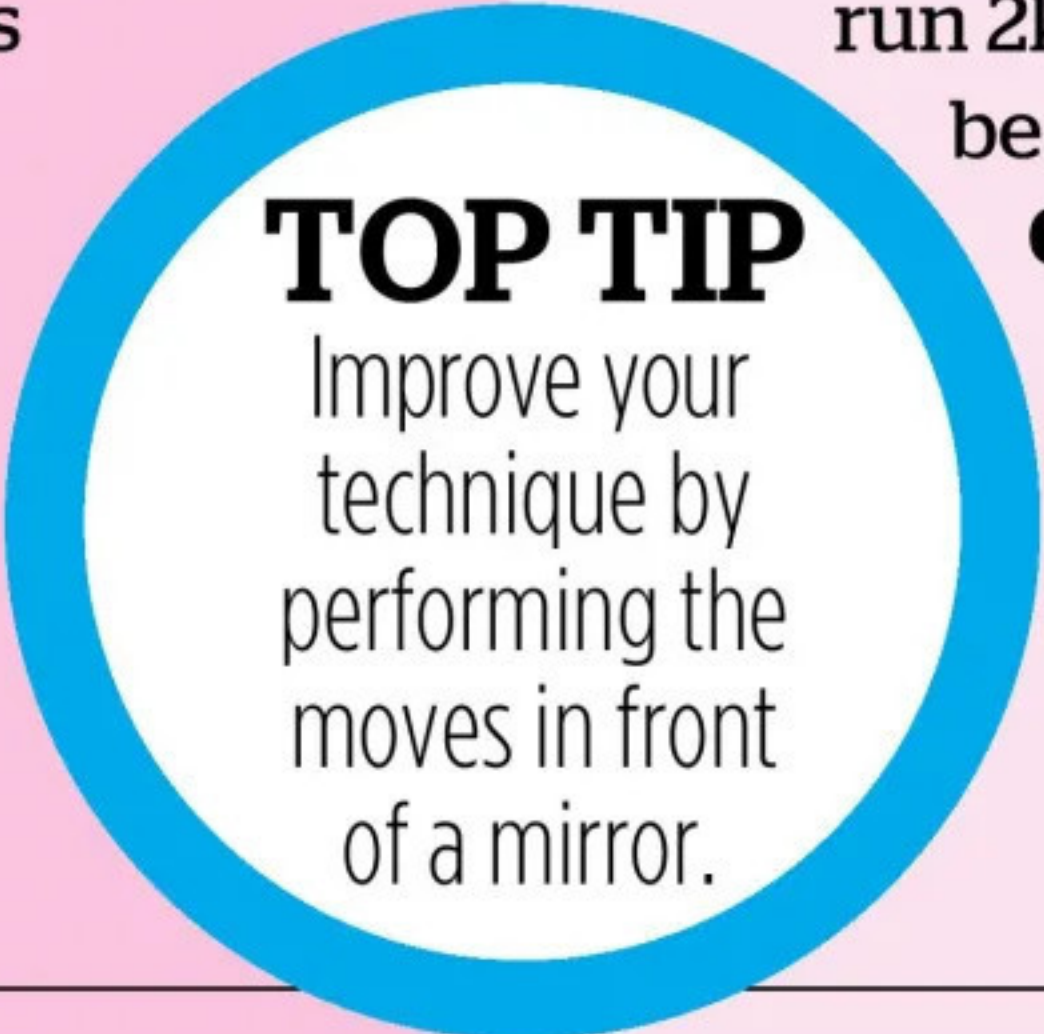
## YOUR BODY BLAST BOXING PLAN

» "Boxing is about speed, agility and endurance," says Louis. And this plan combines cardio, strength and conditioning to help improve your technique and fitness, as well as burn calories and shed pounds. "Just don't expect to be a pro after your first session," he says. "As with everything, practice makes perfect and boxing is an art where there is always room for improvement. Focus on your technique and don't take it too easy. Remember, you get out what you put in."



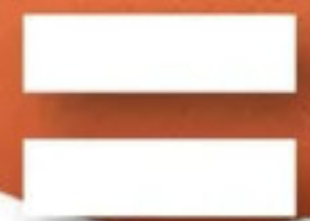
# Your **four week boxing** plan

|        | WORKOUT 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | WORKOUT 2                                                                                                                                                                                                                                                                                                                                                           | WORKOUT 3                                                                                                                                                                                                                                          |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | <b>BOXING SKILLS</b><br><b>WARM UP-</b><br>3 x 2 minutes of skipping or air skipping<br><b>PUNCHES-</b><br>» Jab » Cross » Left hook » Right hook<br>» Left uppercut » Right uppercut<br><b>1 minute of each then rest for 60 seconds » Repeat 3 times-</b><br><b>COOL DOWN</b> 3 minutes of freestyle shadow boxing. Put any punches together and practise your moves                                                                                                                                     | <b>STRENGTH</b><br><b>WARM UP-</b><br>3 x 2 minutes of skipping<br><b>CIRCUIT-</b><br>» Push-ups » squats » crunches » plank<br><b>30 seconds on each » Repeat 5 times-with a 30-second rest between sets »</b> Count the number of reps and try to beat them next time!<br><b>COOL DOWN-</b> 9 minutes of deep stretches, targeting glutes, hamstrings and triceps | <b>CONDITIONING</b><br><b>WARM UP</b><br>5 minutes of skipping non-stop<br><b>ROAD RUNNING-</b><br>» 1-mile run » 2 minutes of freestyle shadow boxing<br>» 1-mile run back home<br><b>COOL DOWN-</b><br>8 minutes of stretches                    |
| WEEK 2 | <b>BOXING SKILLS</b><br><b>WARM UP-</b> 7 minutes of skipping<br><b>PUNCHES</b><br>» Jab » Cross » Jab » Left hook » Jab » Right uppercut » Left hook » Right hook » Left uppercut » Right uppercut<br><b>1-minute of each then rest for 30 seconds-» Repeat 3 times-</b><br><b>COOL DOWN</b> 2 x 3 minutes of freestyle shadow boxing. Put any punches together and practise your moves                                                                                                                   | <b>STRENGTH</b><br><b>WARM UP</b><br>5 minutes of skipping<br><b>STRENGTH CIRCUIT</b><br>» 10 push-ups » 10 crunches » 10 squats » 10 chest-to-floor burpees<br><b>15 minutes on the clock and try to do as many rounds as possible</b><br><b>COOL DOWN-</b> 10 minutes of deep stretches                                                                           | <b>CONDITIONING</b><br><b>WARM UP</b><br>3 x 2-minute rounds of shadow boxing<br><b>ROAD RUNNING</b><br>» Run 3k (average-quick pace)<br><b>COOL DOWN</b><br>12 crunches and stretch                                                               |
| WEEK 3 | <b>BOXING SKILLS</b><br><b>WARM UP-</b><br>2.5 minutes of skipping<br><b>PUNCHES-</b><br>» Jab » Cross » Left uppercut » Jab » Right hook » Left hook » Jab » Jab » Left uppercut » Right hook » Left hook » Right hook » Jab » Left uppercut » Right uppercut<br><b>1.5 minutes of each then rest for 45 seconds » Repeat 3 times-</b><br><b>COOL DOWN-</b> 2.5 minutes of freestyle shadow boxing. Put any punches together and practise your moves                                                      | <b>STRENGTH</b><br><b>WARM UP</b><br>5 minutes of skipping<br><b>STRENGTH CIRCUIT</b><br>» 20 chest-to-floor burpees » 20 push-ups » 20 squats » 20 crunches<br><b>15 minutes on the clock and try to do as many rounds as possible</b><br><b>COOL DOWN</b><br>10 minutes of stretches                                                                              | <b>CONDITIONING</b><br><b>WARM UP-</b><br>5 minutes of shadow boxing<br><b>ROAD RUNNING</b><br>» 2k run, rest 2 minutes, and then run 2k again but try to beat your time<br><b>COOL DOWN-</b><br>5 minutes of skipping and stretches               |
| WEEK 4 | <b>BOXING SKILLS</b><br><b>WARM UP-</b><br>7 minutes of skipping or air skipping<br><b>PUNCHES-</b><br>» Jab » Jab » Right cross » Left hook » Jab » Right hook » Right uppercut » Jab » Jab » Left uppercut » Left hook » Jab » Cross » Right uppercut » Left uppercut » Jab » Left uppercut » Jab » Right uppercut<br><b>1 minute of each then rest for 30 seconds » Repeat 3 times-</b><br><b>COOL DOWN-</b> 2 x 3 minutes of freestyle shadow boxing. Put any punches together and practise your moves | <b>STRENGTH</b><br><b>WARM UP</b><br>5 x 2 minutes of skipping<br><b>STRENGTH CIRCUIT</b><br><b>Time yourself doing...</b><br>» 10 chest-to-floor burpee with a tuck jump » 10 push-ups » 10 squats jumps » 10 sit-ups<br><b>Rest 1 minute and then repeat but try to do it quicker</b><br><b>» Repeat 5 times</b><br><b>COOL DOWN-</b><br>10 minutes of stretches  | <b>CONDITIONING</b><br><b>WARM UP-</b><br>2 x 3-minute rounds of shadow boxing<br><b>ROAD RUNNING</b><br>» Run 4k (every two minutes, increase speed to sprinting pace for 10 seconds)<br><b>COOL DOWN-</b><br>5 minutes of skipping and stretches |





## #food maths



Perfect balance of carbs, protein and fat for a post-workout snack



## THE MOVES TO USE

### « JAB

(Switch foot stance if left-handed.) Place your left foot in front of your right (angled out slightly). Place hands up to protect your chin. Transfer weight forward, at the same time as shifting off your back foot. Throw left arm forward into a quick powerful jab - you should feel a natural rotation from your core.

### » CROSS

Start in the same position as before. Punch right hand forward. As you punch, pivot on the ball of your back foot and rotate hips forward. Return to start position.

### « HOOK

Get in start position, hands near your nose. Weight should be on your toes. Bend elbow at 90 degrees, punch left hand and bring your forearm in front of you, so it's parallel to the floor.

### » UPPERCUT

Get in start position, hands near your nose. Weight should be mostly on your front foot. Pivot on the ball of your back foot, turning your hip and knee forward as opposite hand from lead foot swipes up from your hip. Keep elbow bent and imagine aiming for under your opponent's chin.





The background of the page is a photograph of a modern interior. On the left, there is a large window with a dark frame. To the right of the window, a lush green plant is visible. In the foreground, a black and white striped rug is laid out on the floor. A portion of a woven basket is visible on the right side of the rug.

# THE 30 DAY TOTAL TONE UP

Trainer Chris Richardson helps tone  
your body with a pair of dumbbells  
and six simple moves



## UPPER BODY AND STRENGTH





Looking at those dumbbells, we'd forgive you for thinking this was just another arms workout. But we want to show you that these two pieces of equipment can work your entire body - from shoulders right down to your calves.

WEIGHT TRAINING CAN HELP WITH SLEEP QUALITY AND STRESS LEVELS.

Weight training will make you stronger and can help you slim by burning cals and ramping up your metabolism. "You'll increase bone density and strength, which reduces the chance of osteoporosis as you get older," highlights Chris. "Plus, it will

lower cholesterol and improve your heart's health."

And no, you won't end up like The Hulk. "Women have thirty times less body-building hormones than men, so it makes it hard to create huge muscles," explains Chris. But that doesn't mean you can't get a slimmer, stronger, healthy bod.

## YOUR SIX TRIM AND TONE MOVES

"The timing of any lift is important for form," Chris says. Aim for a 1-2-3 count during the lift, hold for 2 and lower to a count of 3-2-1.

BEGINNER LEGS



### » Squat with triceps extension

Stand with feet a little wider than shoulder-width apart with a dumbbell in each hand. Squat down and lower the dumbbells to the floor. Stand up, lift dumbbells up above you, then bend elbows and lower dumbbells back behind your head, so elbows are pointing up. Lower down into squat again and repeat.

ADVANCED LEGS



### « Single leg deadlift to upright row

Hold dumbbells by your sides, back straight. Lean forward at hips and lift your left leg out straight behind you. Let weights hang down. Draw the weights into your sides. Reverse back to start and repeat with right leg.

### » Chest press with single leg extension

Lie on your back with your arms raised, holding a pair of dumbbells. Lift your legs and bend your knees at right angles. Extend your right leg, so your foot is just above the floor. While you're doing this, lower your dumbbells to your chest. Draw your right leg back in towards you, while raising your arms back up. Repeat with your left leg.



BEGINNER CORE

### « Standing plank to single arm row

Start in a plank position with legs wider than hip-width apart. Hold a dumbbell in each hand, keeping wrists locked to protect joints. Engage core and glutes, and bring your left arm into your chest, so your elbow is pointing to the ceiling. Return weight to the ground and repeat on right side.



ADVANCED CORE

### » DB Skull Crushers

Lie on your back, knees bent, holding a pair of dumbbells. Raise your arms up so they're above your chest. Slowly lower arms towards your head, bending elbows to 90 degrees, as dumbbells reach mat. Aim to lower dumbbells so they're either side of your head, elbows pressing in. Lift arms back to start.



BEGINNER ARMS

ADVANCED ARMS

### « Bicep curl to overhead shoulder press

Stand feet hip-width apart with a dumbbell in each hand. Arms should be hanging down by your sides, palms forwards. Flex your elbows to curl the weights in towards your chest. Rotate your arms and shoulders and extend up towards the ceiling. Pause before reversing the movement.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!

## TIP

Don't skip those rest days, as they help your muscles mend and get stronger.



1



5 x Squat with triceps extension  
5 x Chest press with single leg extension  
5 x DB skull crushers

2



REST DAY

3



5 x Squat with triceps extension  
5 x Chest press with single leg extension  
5 x DB skull crushers

4



REST DAY

5



10 x Squat with triceps extension  
10 x Chest press with single leg extension  
10 x DB skull crushers

6



REST DAY

7



10 x Squat with triceps extension  
10 x Chest press with single leg extension  
10 x DB skull crushers

8



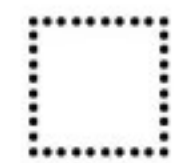
REST DAY

9



15 x Squat with triceps extension  
15 x Chest press with single leg extension  
15 x DB skull crushers

10



REST DAY

11



15 x Squat with triceps extension  
15 x Chest press with single leg extension  
15 x DB skull crushers

12



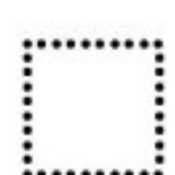
REST DAY

13



20 x Squat with triceps extension  
20 x Chest press with single leg extension  
20 x DB skull crushers

14



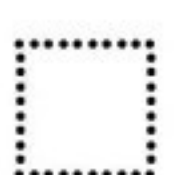
REST DAY

15



20 x Squat with triceps extension  
20 x Chest press with single leg extension  
20 x DB skull crushers

16



5 x Single leg deadlift to upright row  
5 x Standing plank to single arm row  
5 x Bicep curl to overhead shoulder press

17



5 x Single leg deadlift to upright row  
5 x Standing plank to single arm row  
5 x Bicep curl to overhead shoulder press

18



REST DAY

19



10 x Single leg deadlift to upright row  
10 x Standing plank to single arm row  
10 x Bicep curl to overhead shoulder press

20



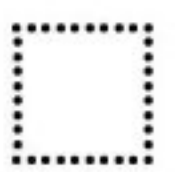
10 x Single leg deadlift to upright row  
10 x Standing plank to single arm row  
10 x Bicep curl to overhead shoulder press

21



REST DAY

22



15 x Single leg deadlift to upright row  
15 x Standing plank to single arm row  
15 x Bicep curl to overhead shoulder press

23



15 x Single leg deadlift to upright row  
15 x Standing plank to single arm row  
15 x Bicep curl to overhead shoulder press

24



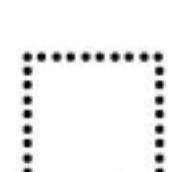
REST DAY

25



20 x Single leg deadlift to upright row  
20 x Standing plank to single arm row  
20 x Bicep curl to overhead shoulder press

26



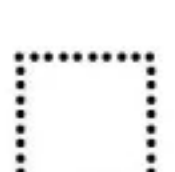
20 x Single leg deadlift to upright row  
20 x Standing plank to single arm row  
20 x Bicep curl to overhead shoulder press

27



REST DAY

28



25 x Single leg deadlift to upright row  
25 x Standing plank to single arm row  
25 x Bicep curl to overhead shoulder press

29



25 x Single leg deadlift to upright row  
25 x Standing plank to single arm row  
25 x Bicep curl to overhead shoulder press

30



REST DAY

## TIP

Don't rush the lifts. Use proper form to boost results and reduce the risk of injury.



Words: Natalia Lubomirski Photos: Anne-Marie Bickerton, Getty





# BOOST MUSCLES IN 30 DAYS

Get a stronger, firmer body  
with our slimming and  
sculpting weights workout  
from trainer Chris Richardson

**W**ant a stronger body without spending hours in the gym? Yes, please! Celebrity trainer Chris Richardson has created an at-home total body-strengthening workout with a difference. Say hello to eccentric training! “Eccentric training refers to the force a muscle produces as it lengthens, as opposed to (what most people do in the gym) the force when a muscle shortens,” explains Chris. For example, focusing on the movement of lowering a dumbbell back down, rather than the curling up part. “This downward phase of exercises has the greatest impact on muscle development. And thanks to the intensity, it ramps up your afterburn too,” adds Chris. In a nutshell, this workout will boost muscle strength in double-quick time. Let’s get started!





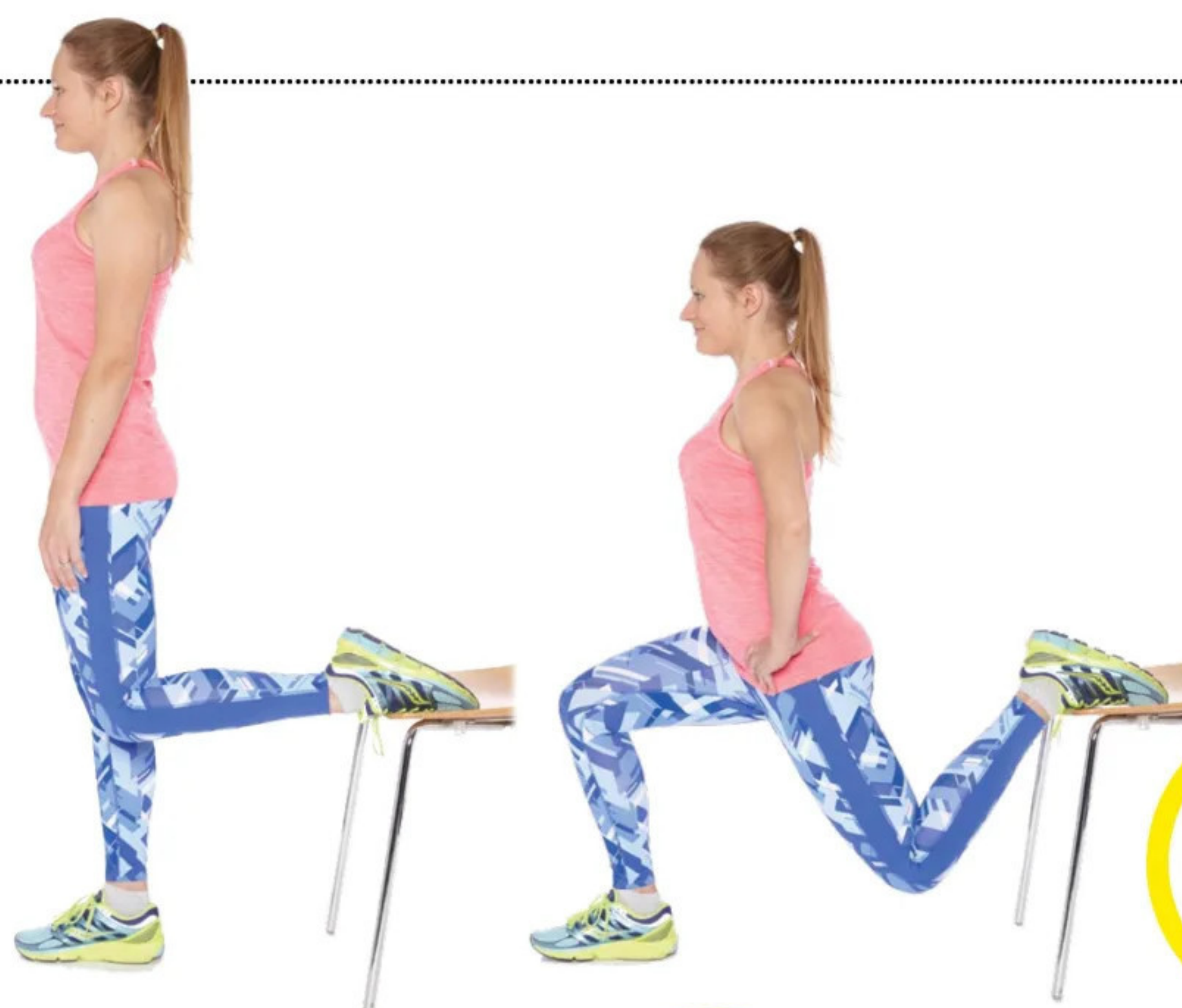


# CHRIS' SIX SCULPTING MOVES

Expect big changes in 30 days with this total-body workout. "Your strength will improve first, then you'll notice more tone and definition," says Chris.

## « Split squat

Stand with your back facing a chair. Extend your left leg back and place the top of your foot on the chair. Squat down by flexing the knee and hip of the front leg until the knee of your rear leg is almost touching the floor. Push back up, switch legs and repeat on other side to complete one rep.



Best for lower body

Best for shoulders



## « Push press

Stand with feet shoulder-width apart, holding a pair of dumbbells. Bring weights up towards your ears, so elbows point down and palms are facing inwards. Push the weights above your head, then lower back to shoulders.

Best for back and biceps



Keep your back straight and shoulders back.

## « Bent-over row

Stand with a dumbbell in each hand. Hinge forward at your waist, so your chest is over your feet and your arms are hanging down. Lift dumbbells in towards your chest, pointing elbows out to the sides. Slowly lower back down.



Best for bum and thighs

## « Goblet squat

Stand holding a light kettlebell close to your chest. Squat down until your hamstrings are on your calves. Pause, then return to standing.

Keep your head and chest up and your back straight.



## « Dumbbell sit-up

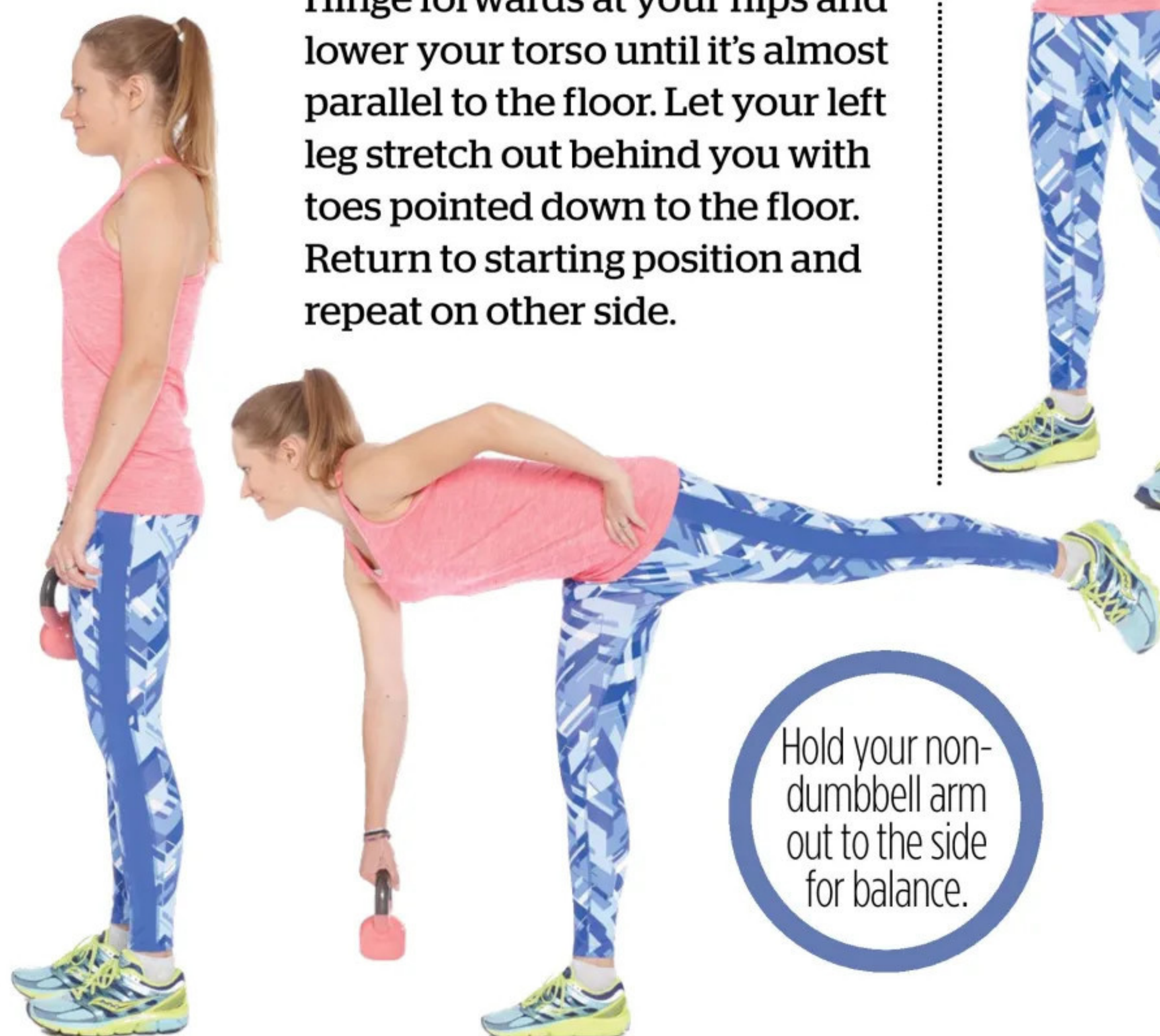
Lie down with knees bent and feet flat on the floor. Place a dumbbell in your hands and hold to your chest. Engage your core to roll up, so that your dumbbell touches your knees. Lower back down in a controlled move.

Best for abdominals

Best for core and hamstrings

## « Single-leg dead lift

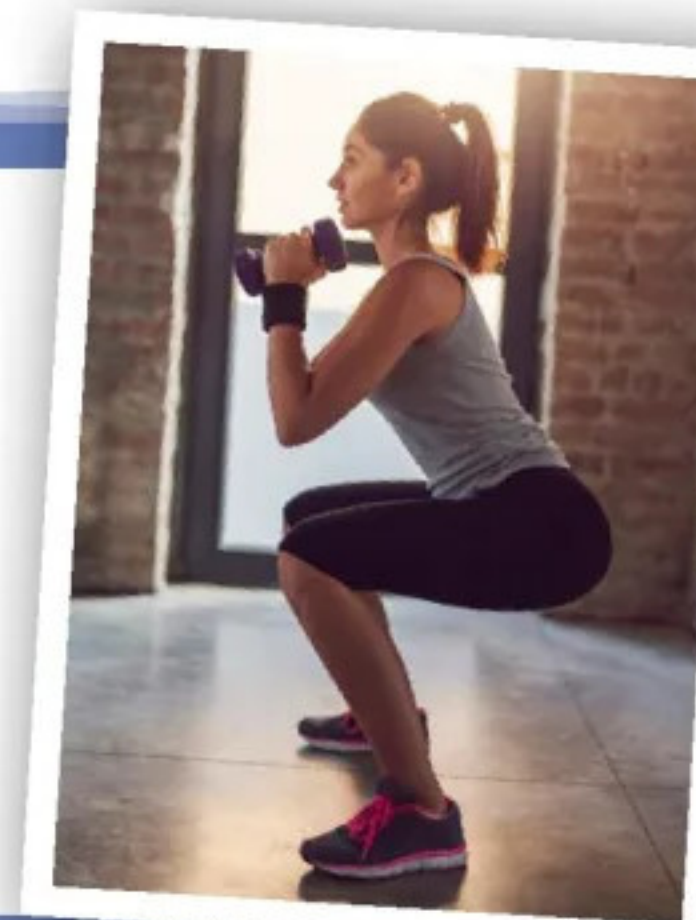
Grab a dumbbell or kettlebell in your right hand and let it hang down at arm's length in front of your thigh. Lift your left leg a few inches off the floor behind you. Hinge forwards at your hips and lower your torso until it's almost parallel to the floor. Let your left leg stretch out behind you with toes pointed down to the floor. Return to starting position and repeat on other side.



Hold your non-dumbbell arm out to the side for balance.

## POSTURE-PERFECT

When working with weights, it's crucial to remember to keep your back straight. Don't arch your back too much or hunch when working with them, or you'll end up hurting yourself.





# » HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
“Once you’re able to complete the range of motion on each exercise, you can increase the weight,” says Chris.

1 ☐

3 x Split squat  
3 x Bent-over row  
3 x Push press

2 ☐

4 x Split squat  
4 x Bent-over row  
4 x Push press

3 ☐

5 x Split squat  
5 x Bent-over row  
5 x Push press

4 ☐

6 x Split squat  
6 x Bent-over row  
6 x Push press

5 ☐

7 x Split squat  
7 x Bent-over row  
7 x Push press

6 ☐

8 x Split squat  
8 x Bent-over row  
8 x Push press

7 ☐

9 x Split squat  
9 x Bent-over row  
9 x Push press

8 ☐

REST DAY

9 ☐

10 x Split squat  
10 x Bent-over row  
10 x Push press

10 ☐

11 x Split squat  
11 x Bent-over row  
11 x Push press

11 ☐

12 x Split squat  
12 x Bent-over row  
12 x Push press

12 ☐

13 x Split squat  
13 x Bent-over row  
13 x Push press

13 ☐

14 x Split squat  
14 x Bent-over row  
14 x Push press

14 ☐

15 x Split squat  
15 x Bent-over row  
15 x Push press

15 ☐

16 x Split squat  
16 x Bent-over row  
16 x Push press

16 ☐

3 x Goblet squat  
3 x Single-leg dead lift  
3 x Dumbbell sit-up

17 ☐

4 x Goblet squat  
4 x Single-leg dead lift  
4 x Dumbbell sit-up

18 ☐

5 x Goblet squat  
5 x Single-leg dead lift  
5 x Dumbbell sit-up

19 ☐

6 x Goblet squat  
6 x Single-leg dead lift  
6 x Dumbbell sit-up

20 ☐

7 x Goblet squat  
7 x Single-leg dead lift  
7 x Dumbbell sit-up

21 ☐

8 x Goblet squat  
8 x Single-leg dead lift  
8 x Dumbbell sit-up

22 ☐

9 x Goblet squat  
9 x Single-leg dead lift  
9 x Dumbbell sit-up

23 ☐

REST DAY

24 ☐

10 x Goblet squat  
10 x Single-leg dead lift  
10 x Dumbbell sit-up

25 ☐

11 x Goblet squat  
11 x Single-leg dead lift  
11 x Dumbbell sit-up

26 ☐

12 x Goblet squat  
12 x Single-leg dead lift  
12 x Dumbbell sit-up

27 ☐

13 x Goblet squat  
13 x Single-leg dead lift  
13 x Dumbbell sit-up

28 ☐

14 x Goblet squat  
14 x Single-leg dead lift  
14 x Dumbbell sit-up

29 ☐

15 x Goblet squat  
15 x Single-leg dead lift  
15 x Dumbbell sit-up

30 ☐

16 x Goblet squat  
16 x Single-leg dead lift  
16 x Dumbbell sit-up



**TIP**  
“Don’t ignore the upward phase of the exercise,” says Chris. “Be explosive with this part to get your muscles firing and burning fat.”



A woman with long brown hair is shown from the side, lifting a silver dumbbell with her right arm. She is wearing a black digital watch on her left wrist and a red and black sports top. The background is a solid teal color. Overlaid on the lower half of the image is a large red banner with the words "LIFT OFF!" in white, bold, sans-serif capital letters. The banner is tilted slightly upwards from left to right.

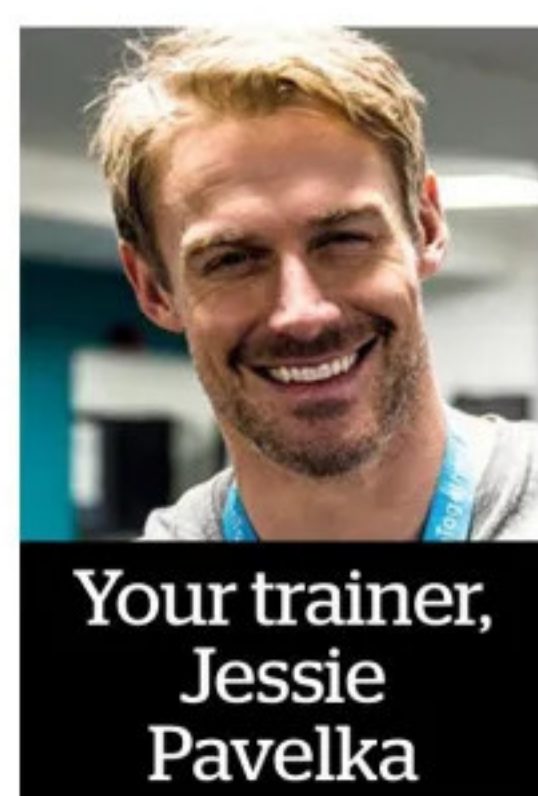
**LIFT  
OFF!**



Want to turbocharge your strength routine? Fitness expert and presenter Jessie Pavelka offers a programme of 30-minute sessions that will leave you firmer and fitter in just four weeks

**I**t's often neglected, but strength training is as key to your weekly workout as jumping on the exercise bike or sweating it out with a Zumba routine. It not only builds lean muscle to help shape and tone you, it also improves bone density and helps you torch cals long after you've finished your workout. And wait, there's more... It can also make you a better runner. Yes, really! "It can help you build endurance, as well as improve your speed," explains Jessie. So it's just as important in training for those 5km runs as pounding the pavement.





Your trainer,  
Jessie  
Pavelka

# Pack-a-power-punch plan

» Each day focuses on a different area to tone, trim and train your body harder. “If you’re training for running, focus on lower limbs, so you don’t get weighed down by a heavy top half,” says Jessie. Swap your pull day for an extra legs day.

|        | MONDAY<br>LEGS DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY<br>PUSH DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | FRIDAY<br>PULL DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SUNDAY<br>FULL BODY DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | <b>5 x squats</b><br><b>5 x lateral lunges</b><br>Perform a sideways lunge, feet facing forwards. Bend right leg and keep left leg straight, but not locked. Repeat on other side.<br><b>5 x dead lifts</b><br>Stand feet shoulder-width apart. Hinge forward at the hips and lower torso until almost parallel to the floor. Contract glutes and push hips forward to return to standing.<br><b>5 x quadruped hip extensions</b><br>On all fours, lift right leg behind you, sole of foot to ceiling. Repeat on other side.<br>Complete 5 sets with 30-60 seconds rest in between. | <b>5 x push-ups on knees</b><br><b>5 x shoulder presses</b><br>Stand with feet shoulder-width apart, a dumbbell in each hand at shoulder height. Lift dumbbells overhead, then slowly lower.<br><b>5 x tricep dips</b><br>Sit on the edge of a chair, hands holding sides. Knees bent, bring hips off the edge. Bend elbows and lower hips towards floor, then straighten arms and rise back up.<br><b>5 x lateral raises</b><br>Stand with feet shoulder width apart, holding a dumbbell in each hand, palms facing in. Keeping arms straight, raise dumbbells out to the side in line with shoulders. Lower dumbbells to start position.<br>Complete 5 sets with 30-60 seconds rest in between. | <b>5 x dumbbell rows</b><br>Stand feet hip-width apart, dumbbell in each hand, palms facing in. Hinge forward 45 degrees from hips, keeping back long, knees slightly bent. Pull dumbbells up until elbows pass your torso. Lower back down.<br><b>5 x bicep curls</b><br><b>5 x back extensions with alternating arm raise</b><br>Lie face down on a mat, arms and legs extended. Keeping neck in line with spine, lift right leg and left arm off mat. Return to start and repeat on other side.<br>Complete 5 sets with 30-60 seconds rest in between. | <b>5 x squats with knee raise</b><br>Perform a squat, then keep your weight on your left foot and raise your right knee towards your chest as you stand. Return to squat position and repeat on other side.<br><b>5 x push-ups on knees</b><br><b>5 x squats with dumbbell overhead presses</b><br>Holding a dumbbell in each hand at shoulder height, palms facing in, perform a squat. As you rise out of move, lift dumbbells overhead until they’re an inch apart. Lower them as you return to start position.<br>Complete 5 sets with 30-60 seconds rest in between. |
| WEEK 2 | Repeat exercises as week 1, but increase to 6 sets of each.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Repeat exercises as week 1 but try to increase number of sets to 6.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Repeat exercises as week 1 but increase number of sets to 6.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Repeat exercises as week 1 but increase to 6 sets.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| WEEK 3 | <b>10 x dumbbell goblet squats</b><br>Squat, holding a dumbbell with hands at chest level.<br><b>10 x dead lifts with dumbbell</b><br>Hold dumbbells in front of thighs, palms facing body.<br><b>10 x step-ups with dumbbell</b><br><b>10 x glute bridges on bench</b><br>Lie on floor, feet on bench, knees bent to 90°. Press through heels and lift hips.                                                                                                                                                                                                                       | Repeat exercises as weeks 1 & 2 but perform 10 reps of each exercise and complete 5 sets in total.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Repeat exercises as weeks 1 & 2 but perform 10 reps of each exercise and complete 5 sets.                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Repeat exercises as weeks 1 & 2 but perform 10 reps of each exercise and complete 5 sets in total.                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| WEEK 4 | <b>15 x curtsy lunges</b><br>Step left leg behind and to right. Bend both knees as if curtsyng. Repeat on right.<br><b>15 x dumbbell dead lifts</b><br>Repeat as week 3.<br><b>15 x single leg glute bridges</b><br>Same as in week 3, but press through one heel at a time.<br><b>15 x pulse squats</b><br>Pulse 10 x in squat position before returning to start.                                                                                                                                                                                                                 | Repeat exercises as weeks 1, 2 & 3 but perform 15 reps of each exercise and complete 5 sets in total.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Repeat exercises as week 1, 2 & 3, but up your dumbbell weight by a couple of kilos if the reps are becoming too easy.                                                                                                                                                                                                                                                                                                                                                                                                                                    | Repeat exercises as weeks 1, 2 & 3 but perform 15 reps of each exercise and complete 5 sets in total.                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |



### Push days

target your chest, front shoulders and triceps.

**Pull days** target back, rear shoulders and biceps.

### #FOODMATHS

To refuel after a workout, try these power protein pancakes: small pot of Greek yogurt + handful of fine oats + 1 whole egg + ½ scoop protein powder + 2tsp ground cinnamon. Cook pancakes and serve with blueberries.

## JESSIE'S TOP TIPS

» **Warm up before you start, but avoid static stretches, which can make your muscles susceptible to injury.**

**Perform dynamic stretches instead, such as walking lunges. Static stretches should be done post-workout to help loosen tight muscles.**

» **Using weights is supposed to be challenging! On your final set, the last few reps should be burning.**

» **Mix up your workout by switching between adding reps and adding weight for a total body routine.**





Photo Getty



# WHAT TO DO WITH...

Have you ever gawked at an ab roller, a kettlebell, or resistance band and been left clueless on how to properly use it? Don't worry: we've all been there. Over the next new pages, we'll show you how to get to grips with foam rollers, sliders, balance boards and more. Mastering this equipment and using it to boost your workouts will work wonders when it comes to staying fit.





What  
do I do  
with

# ... A Resistance Band?

Want to tone up without leaving the house? Grab a band, things are about to get painful!

**T**hose stretchy latex bands are great to ping around the garden. Or left in the corner of a room, they look very 'fitness'. People think you know what you're doing when you whip out a colourful elastic hoop but really you're baffled. Surely you can't reap any body benefits from such a thing? Oh, how wrong you are. Fitness expert Lucy Gornall explains that not only can they be used during familiar exercises to increase resistance, they also force your body to maintain stability throughout entire moves, and can be used alone to work smaller muscles you may not otherwise have felt working. Not bad for some stretchy bits of latex! Check out Lucy's top six resistance band moves and tone up, fast!

## TIP

If your bands are a single piece of material as opposed to a complete hoop, tie the ends into a loop when needed. Decrease the size of your loop to increase resistance.

**Must-do  
move!**

## « Glute Bridge

**Great for: Hamstrings, glutes** Place resistance band around legs, just above knees. Lie on your back with feet on the floor, bending knees to a 90-degree angle. Rise up with hips until shoulders, hips and knees form one straight line. Squeeze glutes as you do this. To up the burn, raise toes throughout. Try 20 reps. Ouch!





# More exercises!

## « Clam Shell

**Great for:** Activating the glute (bum) muscles and strengthening hips.  
**Ideal for runners!** Keep resistance band above knees. Lay on your side, stacking both legs on top of each other at a 90-degree angle. Lift top knee, ensuring feet stay touching, until you feel resistance from the band. Lower back down to bottom knee. Repeat, slowly, 15 times each side.



## « Crab Walks

**Great for:** Quads, glutes, hamstrings and calves  
 Step into band, so it's wrapped around legs, just above knees. Keeping chest up and core tight, drop into a half squat. Walk to the left, keeping resistance in band. After 10 steps, change direction. Aim for 10 steps each side without rising. Rest and repeat 3 times.



## « Bicep Curl

**Great for:** Biceps Use a long, un-hooped band. Stand on band with both feet and grab both ends. Start with arms down by your side, palms facing in. Ensure tension in band - wrap around your hands if you need to increase this. Bend elbows to lift band towards shoulders, keeping elbows and upper arms close to body. Slowly curl back down. Try 12 reps each side.



## « Seated Row

**Great for:** Back, shoulders, biceps Place band around soles of feet - ideally using an un-hooped band - in a seated position. Contract back muscles and drive elbows and shoulders back. Hold for 3 seconds, then slowly extend forward. Repeat 10 times.



## « Walking Plank

**Great for:** Full body, particularly core Place band around wrists. Get into a high plank position, keeping hands under shoulders. Walk right hand forward as far as it will go, then bring left hand to meet it. Ensure resistance in band at all times. Then step left hand back, followed by right. Repeat 15 times.



Try this with a single leg for ultimate burn!

Resistance bands are easy to pack away, so why not throw a set into your bag the next time you go away on a trip and sneak in a workout?



What  
do I do  
with

# ...A Kettlebell?

Kettlebells are brilliant for creating strong, balanced, toned figures. So if you've got one gathering dust, what are you waiting for?

**K**ettlebells do look a little old school. However, don't be put off by that appearance, they could be your secret to a total body transformation.

Personal trainer Marc Edwards, from PT provider Trainfitness, reckons that kettlebells are the epitome of 'functional training' - where exercises are adapted to allow individuals to perform the activities of daily life more easily, without injury. He also dubs them as beneficial for improving core strength and stability, power, endurance and giving the cardiovascular and muscular system a boost. Plus along with dumbbells, they are absolutely perfect for strength-based home workout routines.

So, what do we do with one? Aside from the classic, Kettlebell Swing? Yawn. Pick a KB (kettlebell for short) of a challenging weight and try Marc's top five moves.

**Must-do  
move!**

## « One Hand-Racked Front Squat

**Great for: Quads, glutes,**

**hamstrings and core**

Hold KB with one hand in KB rack position (see nearest photo). With feet flat, shoulder-width apart, and core braced, simultaneously drive hips backwards and bend knees, lowering glutes towards calves. Ensure torso remains upright. Push up through the heels and rise. Repeat 10 times.





# The KB workout

## « Classic Hand Swing

**Great for: Hamstrings, glutes, lower back, upper back, lats, shoulders, forearms and core**

OK, so we DID say this was a 'yawn' move, but it is great for a full-body workout. With both hands, lift the KB to standing position. It should be hanging down just in front of your hips. Retract shoulders, brace core and maintain unlocked yet stiff position at knees, feet just wider than shoulder width.

Drive hips backwards (arms should follow suit and go back between the legs), then quickly thrust them forwards with an explosive contraction of your glutes. The force generated through hips, means KB travels high without arms doing any lifting.

It should finish at shoulder height, like an extension of your arms. As KB begins to descend, drive hip backwards again and repeat. Try three sets of 15 reps.



TRY THIS MOVE BUT HOLDING THE KB IN ONE HAND!



## « Two-Hand Halo

**Great for: Core, obliques, shoulders, glutes and thighs**

Hold KB in a two-hand, bottoms-up position in front of your face. Roll left elbow in front of face and overhead, so that KB goes behind head, and to other side, eventually finishing in starting position. Repeat 10 times in both directions, always maintaining a solid standing position.

## « Hand Swing High Pull

(You might want to try a lighter kettlebell for this one.)

**Great for: Hamstrings, glutes, lower and upper back, lats, shoulders, biceps, forearms and core**

Perform one-hand KB swing. As the KB begins to swing back through the legs on the upward phase, pull elbow upward and backwards past ear as if you were drawing back a bow (and arrow!). Cast KB forwards again back into your swing. Repeat 10 times.



## « One-Hand Overhead Press

**Great for: Shoulders, triceps and core**

In standing position, feet hip-width apart, hold KB in rack position (see photo above). Brace core. Press KB straight upwards, rotating arm during movement so you finish with palm facing forwards and KB above crown of head. Lower back to start position and repeat.





What  
do I do  
with



# ...A Foam Roller?

Seriously, how beneficial can one of these foam, funnel things be?

**R**E-C-O-V-E-R-Y. If you're doing any physical activity, you need to factor in this boring and painful activity. Why? Dave Jordan, co-founder of The Fitting Rooms in London says that foam-rolling areas of our body releases pressure and breaks down knots in our muscles, connective tissue and fascia. "It can reduce the risk of injury; increase flexibility; improve circulation and performance and reduce muscle soreness. Once you've got over the initial pain it's addictive!" No, really!

So how do we know when a foam-rolling sesh is needed? "Once you start applying your weight to the roller, the areas of tension will show themselves by being painful - these are the spots you need to spend the most time on," says Dave. Ready to roll? Dave suggests working on five key areas...

## « Upper Back

Helps to ease tension out of the majority of the muscles in the upper back but, more importantly, helps us to reverse the process of sitting in a forward-hunched position all day at our desk.

TRY  
2-3 MINUTES  
PER SIDE



**Must-do  
move!**



# Foam-rolling moves

## « Front of the Quads (thigh)

Lie face down and apply pressure to the front of your thigh - this releases muscles in your quadriceps, particularly the rectus femoris. When tight, these muscles can lead to pain in the patella tendon (basically, pain in your knee), which, with a little foam-rolling work, can be eased off.

TRY  
5-10 MINUTES  
PER SIDE



## « Outside of the Quads

The outside of the thigh can get very tight from weight training, but more commonly through repetitive running or jumping. This leads to an imbalance in the muscles leading into the knee which pulls your patella (kneecap) out of alignment. This can lead to severe knee pain.

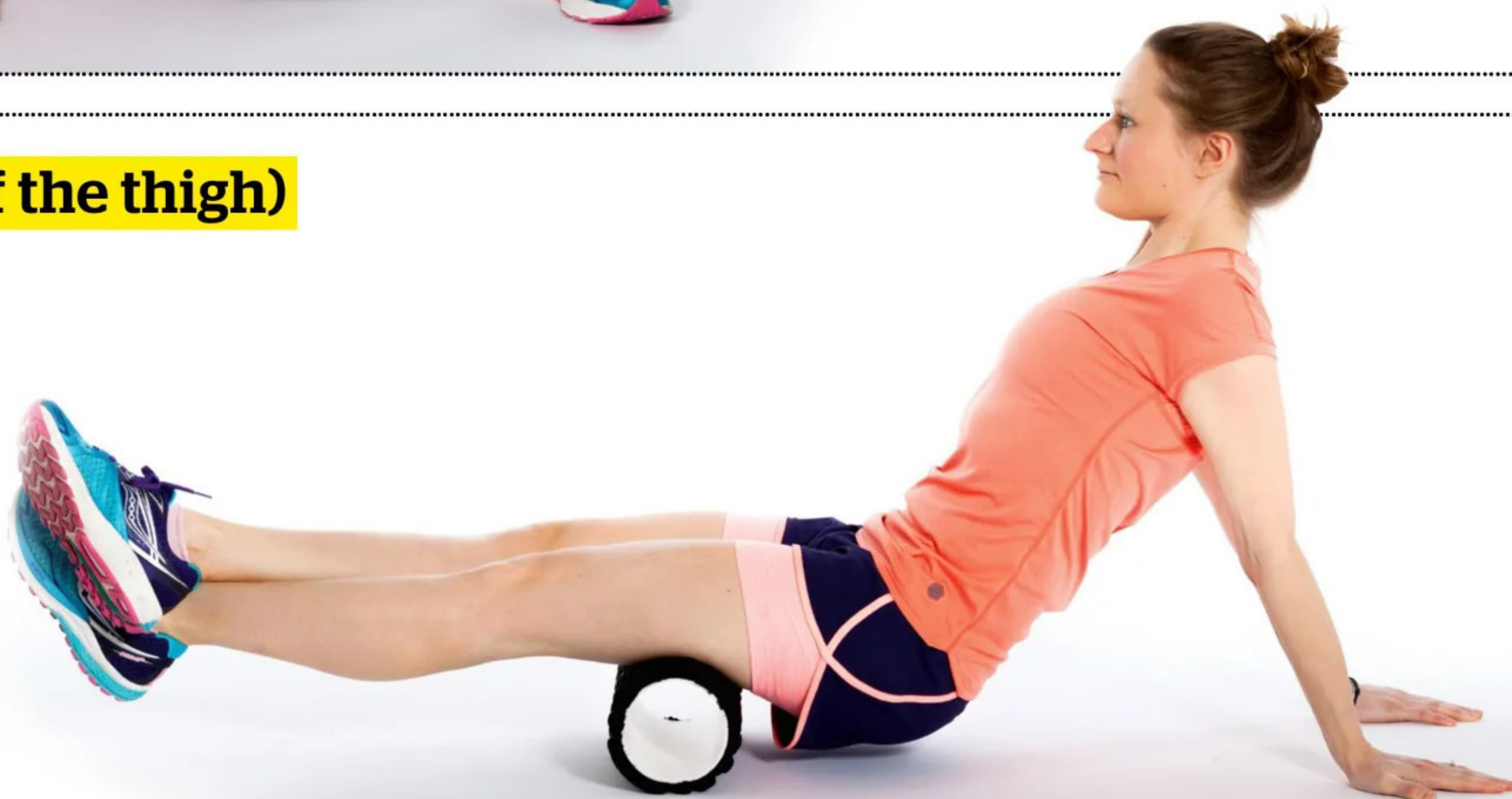
TRY  
3-4 MINUTES  
PER SIDE



## « Hamstrings (back of the thigh)

Most of us suffer from tension in our hamstrings and foam rolling can help restore function and help with flexibility. It can be difficult to get enough pressure on, so cross one leg/ankle over the other to apply more of your body weight.

TRY  
5-10 MINUTES  
PER SIDE



## « Calves

Ankle mobility affects sporting performance and the depth of your squat and can contribute to Achilles tendon pain. Rolling calves will improve all of the above. Calves respond better with the added pressure of the opposing leg crossed over the top.

TRY  
5-10 MINUTES  
PER SIDE



## What roller is best?

Dave says that as a starter, opt for a basic roller. "Nothing too alien-looking! I'd recommend getting one that has a reinforced plastic core as the completely foam ones tend to go soft and useless fairly quickly."



What  
do I do  
with

# ...A Balance Board?

AKA a wobble board.  
There's more to these  
awkward objects  
than you think!

**E**ver stood on one foot with your eyes closed and consequently stumbled slightly? Yup, that's your balance saying "woah, I need some work".

But why is balance so important? Well, think about it. You go for a run, where your body is practically hopping from the left leg to the right and staying upright - that's balance. You need to be strong through your core, and have good balance, simply to allow yourself to walk. Test yourself a little more and grab a balance board - usually a flat hard

top, attached to a round unstable bottom. Ben Davie, personal trainer and founder of Move With Ben, explains that ultimately, a balance board - yes, you guessed it - helps to improve your balance. "It's a perfect way to include unilateral exercises - where we strengthen each side of the body equally. It's these unilateral exercises that are often neglected." What's more, a balance board helps to develop core stability and muscular control and co-ordination. Grab your board and get practising these five moves...

## « Plank Hold

Instead of hands or elbows on the ground, place hands on either side of the balance board, keeping the body in a straight line, engaging every muscle. The unstable nature really adds a whole new level. Aim to hold for 20 seconds, rest for 20 then go again, five times.

Great for  
Everything!

Must-do  
move!





# More balance board moves

## Glute Bridge »

Plant right foot in centre of board and left foot in the air at a 90-degree angle. Lower hips slowly, then push (or thrust!) them back up. Complete 15 reps on each side.



Great for  
Hamstrings,  
glutes, core



Great for  
Upper body  
and core

## « Kick Sits

Start with both hands on the board and toes on the floor. Staying low, twist and kick one leg through to the opposite side, simultaneously lifting the opposite arm off the board. Repeat both sides and increase speed once comfortable. Try 10 reps each side. Too tricky? Practise without lifting your arm, until you've nailed the first part.



## No board? No worries!

Ben says that standing on one leg is a great way to improve balance. Aim for a 30-second one-leg hold. Too easy? "Close your eyes or lift the knee up towards your chest to make it harder."

## « Side Squat

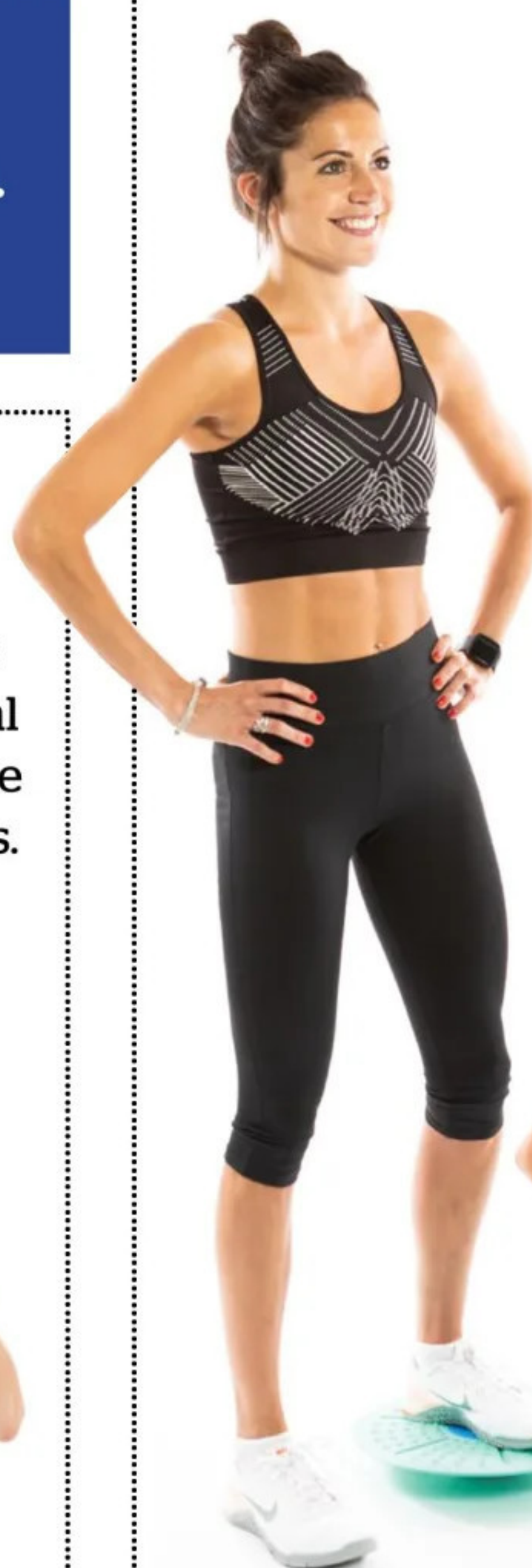
Similar to above - keep left foot planted on the board. With right foot on the ground, squat down as normal but keep the sides of the board off the floor. Sound easy? It's not. Try 15 reps.

Great for  
Hamstrings  
quads, glutes  
and core



## « Reverse Lunge

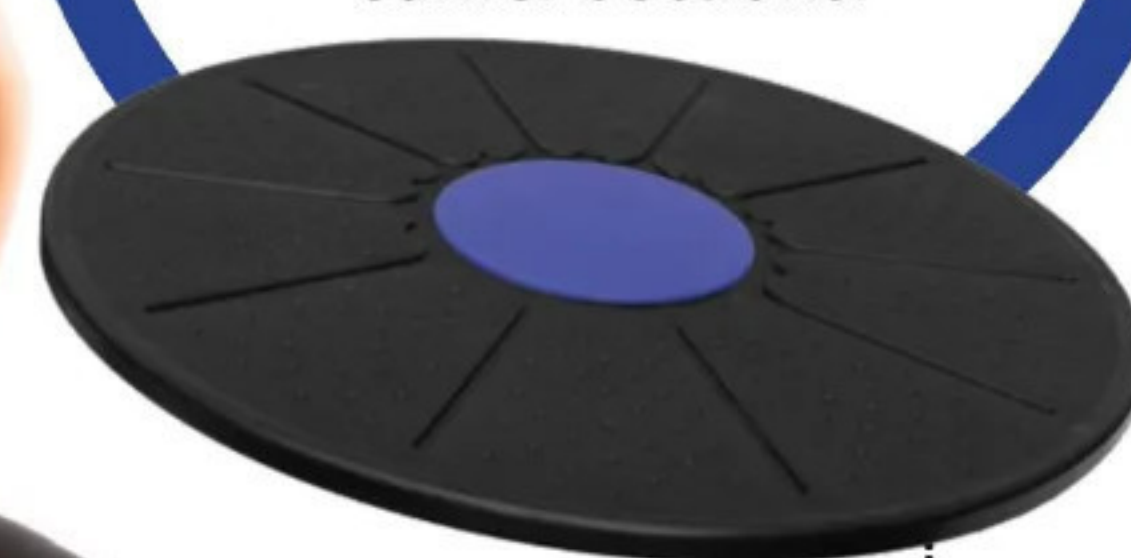
Keep left foot planted in the middle of the board, and slowly perform a reverse lunge, with your right foot going back and right knee dropping down to the floor. Aim for the right knee to touch the ground while keeping all sides of the balance board off the floor. Try 10 reps per side.



Great for  
Quads, glutes  
and core

## Try this!

Incorporate a balance board into some of the workouts we've showcased in earlier sections.





What  
do I do  
with

# ...Sliders?

Your core is  
about to really  
feel the burn.  
Hello, abs!

**D**o you ever start a workout and wonder, “How can I make this harder?” No? Well, it’s time to switch that mindset because things are about to get a little bit fiery. We’re talking legs, arms and abs on absolute fire. It’s all thanks to sliders - a pair of two-sided discs that you place under hands or feet on a smooth floor to give an added challenge while performing certain exercises.

Keith McNiven, founder of London-based PT company Right Path Fitness, explains that sliders have a natural inclination to glide, so you have to engage your core to keep them still while performing the exercise. “They’re brilliant at improving balance, strengthening your core and developing stability in your muscles,” he adds.

**Sold? Time to get sliding...**



## « The plank with arm extension

The good ol’ plank. Get into position- face down with arms extended to the floor and legs out straight behind you, toes bent for added stability. Place a slider under each hand. Ensure muscles are firm and strong then slowly move one slider forward until your arm is stretched as far forward as you can. Return and do the same for the following arm. Try three sets of 10 reps.

**Must-do  
move!**

## Need a quick alternative?

Misplaced your sliders, or forgot to pack them away on a trip? You can get a similar result by using tea towels, or wearing socks on a wooden or tiled floor.



# More slider moves

## » Sliding mountain climbers

Think of regular mountain climbers, but far more intense. Start in plank position with a toe on each slider, then bring each knee forwards to chest level. Don't go too quickly as you're likely to lose balance. Done correctly, you'll be working a lot of muscles! Aim for three sets of 10 reps.



## Sliding pelvic curl

Pilates fan? You may have tried this. Lie flat on your back then raise pelvis from the ground, upwards. For an added challenge, place sliders under your flat feet before making that pelvic curl. Then, with pelvic thrust held in place, slide feet inwards towards your bottom and back out. Do three sets of 10 reps.

## Slide it right

"Where you place your feet on the sliders depends on the exercise, but ensure your foot is firmly positioned and feels comfortable, not like it's about to slide off," highlights Keith. It's important to remember that using sliders are about developing core strength and stability - this isn't the time to try to win a race for speed! Keith explains, "Concentrate on doing each rep slowly and surely so that you gain confidence in using the slider."

## Sliding dog

Start in plank position once more, with toes on sliders, then gradually move toes inwards into that inverted V shape. It's going to burn. Try three sets of 10 reps.



## Reverse plank circles

Your body is still straight with arms extended, but you're facing upwards instead of downward, resting on your heels instead of toes. Get into position with hands flat on the sliders and go up into reverse plank position. When core is stable, make a small circle with one slider then do the same with the other. Aim for 10 reps (five for each hand) and do this three times.



What  
do I do  
with

# ...An Ab Roller?

This simple piece of kit could be the secret to a flatter tum and stronger core...

**T**here are plenty of reasons to work on strengthening your core: improved posture, less chance of injury and back pain and greater ease at performing various exercises. But if you find sit-ups and planks a pain, it might be time to try this classic piece of kit.

Hannah Bright, DW Fitness First Personal Trainer, explains that an ab roller engages the full length of the abdominals. "It also supports muscle groups such as shoulders, triceps and the back," she adds.

So how do we begin? On your knees, grab a handle with each hand, and keeping your back straight, roll the wheel out. Measure how far you can roll, and try to go a little further each time.

Ab wheel too hard? "Begin by performing ab rolls with a Swiss ball, using the ball in the same way you would use the ab wheel and progress to the ab wheel after a few weeks," says Hannah.

Great for  
Core, arms  
and back

## « Knee ab roll out

Start on your knees holding the handles of the roller. Place the roller on the floor in front of you with arms out straight. Slowly roll forward by pivoting on your knees, lowering torso to the ground without arching your back. Return in the same way to the start position. Aim for three lots of six to 10 reps.

Must-do  
move!



## Before you roll...

There are two types of ab wheel - single and double. You don't need to worry about buying the wrong one, though: the only difference is the stability. The double-wheel roller is more stable so it's better for beginners, while the single wheel can veer off course easily so it's one for the more advanced user.





Great for  
Full  
body

## Your total body workout



### » Plank

Instead of performing a plank on your forearms or palms, hold on to the ab roller and hold a plank in this position. This provides instability so it is more challenging than a normal plank. Try three lots of 60 seconds.



Great for  
Core (obliques  
specifically)  
and arms

### « Diagonal knee ab roll outs

Same as on the previous page but on each rep alternate from rolling to the left diagonally and to the right. Aim for three sets of five reps on each side.

### » Glute bridges

To start, strap wheels to your feet, lie on your back with knees bent. Lift hips up off the floor squeezing the glutes at the top, then lower back to the floor. That's one rep. Build up to four sets of 12 reps. It's going to get shaky....



Great for  
Your glutes  
aka your  
bottom!

### » Hamstring curls

Strap the wheel to your feet, lie on your back, legs straight, and lift your hips up from the ground. Roll your feet in towards your bottom as far as you can, keeping your hips lifted the entire time. Return your feet to the starting position. Try four sets of 12 to 15 reps.



Great for  
Hamstrings  
(backs of your  
thigh)





Photo Getty



# HEALTH

Exercise is, obviously, important to keep yourself in the best shape, but what else can you do to ensure your body is in perfect working order? In this final section, we'll demonstrate some critical thinking points to consider when you're not working up a sweat. From essential nutrients to work into your diet, to tips to keep your heart happy, it's time to get mindful about your health.





# Time *to stay* HEALTHY

Think you haven't got time for a health kick? All it takes is a few minutes...

## LIFT WEIGHTS FOR... 10 SECONDS



Try lifting and lowering weights for 10 seconds, rather than the usual couple of seconds to boost strength. A US study found people who used a slow technique of resistance training showed a 50% increase in strength compared to those lifting at the normal, faster speed. Slowing down the movements lifts momentum and creates more tension in the muscles.

## MASSAGE MUSCLES FOR... 10 MINUTES

Pummelling your muscles for this length of time after tough exercise does more than relieve tension and pain. Research from McMaster University looked inside a muscle as it was massaged and found that 10 minutes of kneading switches on sensors that reduce inflammation in muscle cells and helped build more mitochondria, which help muscles repair and grow. A foam roller works wonders for this: learn more on page 104.

## EXERCISE FOR... 3 X 20-SECOND BURSTS

Sprint Interval Training (SIT) on the stairs can boost your heart health in a big way. Researchers from a Canadian university found that you don't need hours at the gym to get fit. In one study, they discovered that sprinting upstairs in short bursts, three times a week, in three 20-second bursts, with two-minute recovery periods improves cardiorespiratory fitness. So leave the lift and spend a little time getting breathless on the stairs.

## CHEW GUM FOR... 10 MINUTES



Chewing sugar-free gum for 10 minutes helps remove 100 million bacteria from the mouth - making it as effective as flossing, according to researchers from the University of Groningen, in the Netherlands. But chew it for longer and some of the bacteria is released back into the mouth - presumably because the gum becomes less sticky after prolonged exposure to saliva. So set a stopwatch, then stop chewing!



## POWER NAP FOR... 20 MINUTES

That's the max time for a power nap. It can help lower stress levels and leave you feeling more alert - you should drift off and brain activity should slow down. Don't nap for longer, though, as you want to avoid going into deep sleep, which can leave you feeling groggy.

## STRETCH FOR... 30 SECONDS

That's the ideal amount of time to hold a stretch to keep you flexible after moderate exercise, such as running. Anything less won't lengthen your muscle and tissues enough, but you don't gain much from doing more.

## WALK FOR... 30 MINUTES PER DAY

Studies show that walking can cut diabetes risk by up to 60%, and three 30-minute walks a week could protect against dementia. This is because it causes areas of the brain associated with memory to increase in size which slows down the ageing process.



## READ A BOOK FOR... AT LEAST HALF AN HOUR

Reading this long every day could help extend your life. People who read for up to three and a half hours a week were 17% less likely to die than non-readers during a 12-year follow-up period. Those who read for longer cut their chances of dying early by 23%, according to research. Reading helps keep your mind active and reduces stress.



## AND TWO TO AVOID...

### TOSSING AND TURNING FOR... 20 MINUTES

Get out of bed if you've been unable to fall asleep, after this time, as lying there awake worrying leads you to associate your bed with being awake and frustrated. Sit quietly in a different room, then only return to bed when you feel that you are about to nod off.

### VIGOROUS EXERCISE FOR... 90 MINUTES

While exercise can boost the immune system, overdoing it can have the opposite effect. Research shows 90 minutes of high-intensity exercise elevates production of stress hormones and suppresses our disease-fighting white blood cells, making us prone to infections. Keep exercise down to 45 minutes of moderate intensity.



# 8 WORKOUT WORRIES SOLVED!

From stitches to itchy eyes, a whole range of health concerns can derail your exercise routine. Here's how to tackle them

## 1 YOU'RE EXHAUSTED

Low iron levels are a common problem in women, especially those who suffer heavy periods, and they can make a workout feel significantly harder. In fact, studies at Cornell University show that women with low iron levels found their workout twice as hard as those with healthy levels. "While you can supplement with iron, it's best not to unless your doctor has actually tested your levels and found you are officially anaemic," says women's health expert Dr

Marilyn Glenville. Too much iron can cause side effects like constipation. Instead, increase iron naturally by eating more red meat or dark green leafy vegetables like spinach.



## 2 YOU GET CRAMP

Cramp occurs when a muscle suddenly contracts, causing pain. It's more likely if you've been exercising for a long time or are dehydrated. If it starts, stop moving and try to gently stretch out the muscle. If it really hurts, try this tip from James Evans, co-founder of Xtreme Boot Camps, who was taught the trick in the Royal Marines. "Try clenching your fists," he says. "Tensing a muscle elsewhere in the body - like the hand and forearms - seems to relax the one that's cramped."



## 3 YOU GET PAIN IN YOUR CHEST

A dull pain that starts when you exercise, and stops when you stop, should be investigated. "This can be a sign of angina, which occurs when there's a narrowing in the artery feeding the heart that stops it getting the blood it needs," says consultant cardiologist Dr Ajay Jain from The London Clinic. See your GP if your symptoms match.

## 4 YOU COME OUT IN AN ITCHY RASH

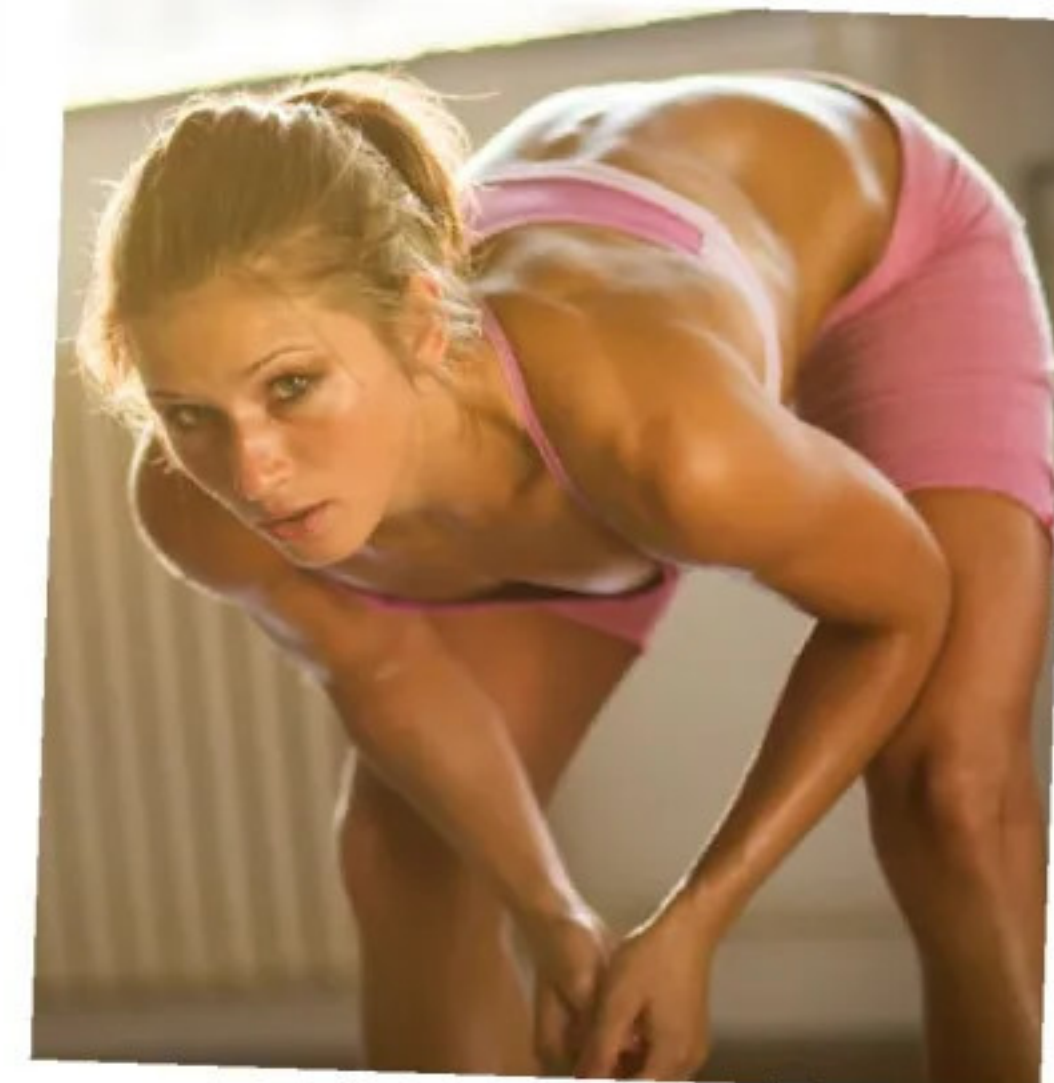
Exercising after eating some foods (eg, prawns, wheat) can trigger food-dependent, exercise-induced anaphylaxis. "Symptoms can be an itchy mouth, itchy eyes or a breakout of hives, but in a few people it can cause a serious anaphylactic reaction," says Dr Andrew Clark from Cambridge University Hospitals. See your GP.



## 5 YOU FEEL BREATHLESS

You shouldn't have difficulty breathing when you work out. "Exercise is a common trigger for asthma," says consultant respiratory physician Dr James Hull from the Royal Brompton Hospital. With this, you'll have a tight band-like feeling across the chest and may wheeze or cough. If diagnosed, your doctor will prescribe inhalers. If inhalers don't help, you might have exercise-induced laryngeal obstruction. "This occurs when the voice box closes as you exercise," says Dr Hull. "It's often mistaken for asthma, but the tightening feels more in the throat or upper chest and may be accompanied by a high-pitched wheeze."

If these sound like your symptoms, schedule a session with your doctor.



## 6 YOU ACHE TOO MUCH THE NEXT DAY

This is actually normal - called delayed onset muscle soreness (DOMS). "It can occur six to 48 hours after exercise and it's believed to be due to inflammation that develops as a result of microscopic tears in the tissue that occur when we exercise," says personal trainer Zanna Van Dijk. It's tricky to avoid DOMS when you're new to exercise, but building up slowly will limit the amount you feel. Zanna adds, "Warming up and cooling down will help. You can try Deep Heat Muscle Massage Roll-On Lotion, applied before exercise, too."

## 7 YOU GET A STITCH

Stitch is a pain that appears in your side as you exercise and could be related to posture, says recent research. Those who slump their upper back forward when they exercise are more prone to a stitch as the position aggravates the nerves in the abdominal wall. Try standing up straighter when you exercise and the problem should vanish.



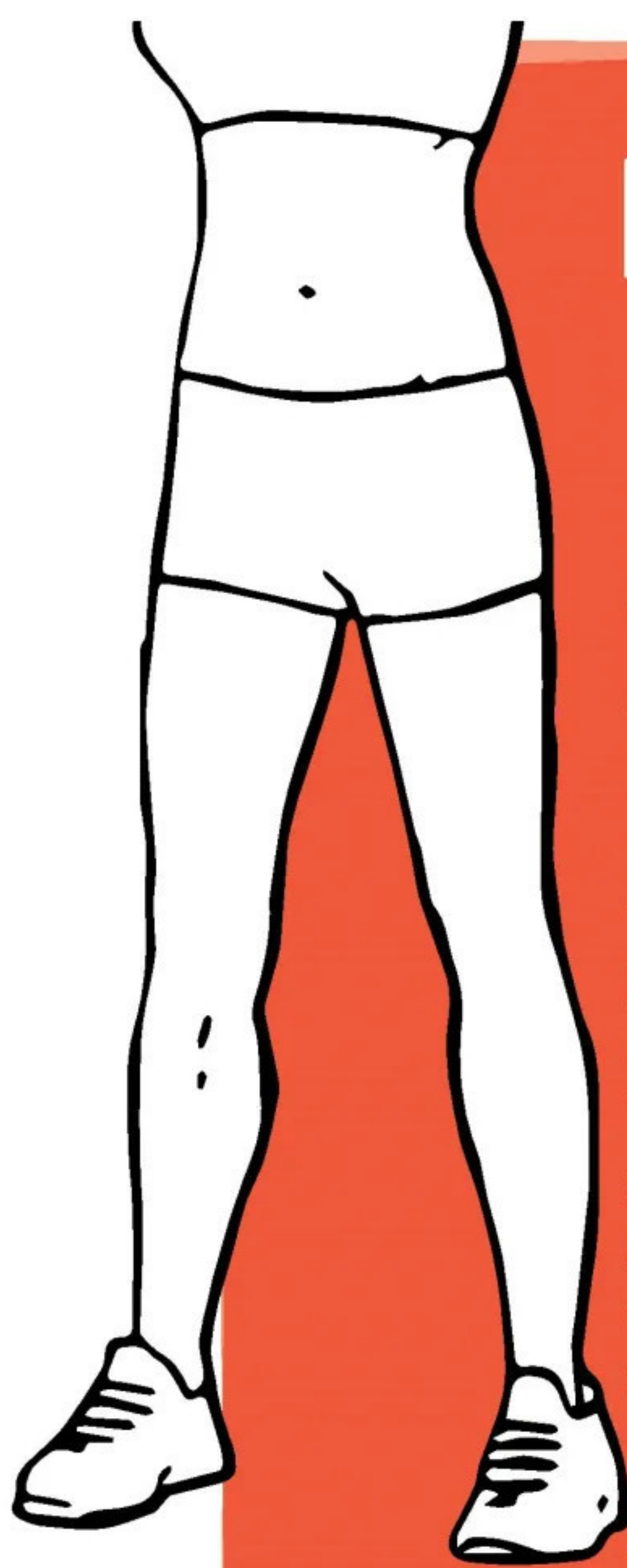
## 8 YOU GET BLISTERS

"Blisters are small pockets of fluid that form between the upper layers of the skin, commonly caused when shoes or socks rub," says Michael Ratcliffe, podiatrist at Carnation Footcare. Make sure your shoes fit and that your socks don't have rough seams. If that doesn't work, try a lubricating product such as an anti-blister stick.



# 9 Things your heart wishes you'd do more of..

Keep your heart healthy and happy with these easy tips



## 1 STAND

Thirteen hours - that's how much some of us are spending on our bottoms and that's bad news for our hearts. Sitting for long periods is thought to slow the metabolism, which affects your body's ability to regulate blood sugar, blood pressure and break down body fat. But standing, even for just an extra two hours a day, can have a positive effect on lowering blood sugar, blood fats and weight. Set a timer to remind you to get up from your desk and take a short walk every half-hour. At home, get up off the sofa during ad breaks, and walk around when you're on the phone.



## 2 DANCE

Fancy trying the foxtrot or have a desire to do some disco? Your heart will love you for it. Research from the University of Sydney found dancing could almost halve your risk of dying from cardiovascular disease - thanks to both the social and physical aspects. And it doesn't matter whether you like ballroom or Latin, as long as you work up a sweat.

### Smart swap

Switch white for wholegrain. Loaded with fibre and nutrients just 90g (three 30g servings) of wholemeal bread, pasta and rice can cut heart disease risk by 22%.

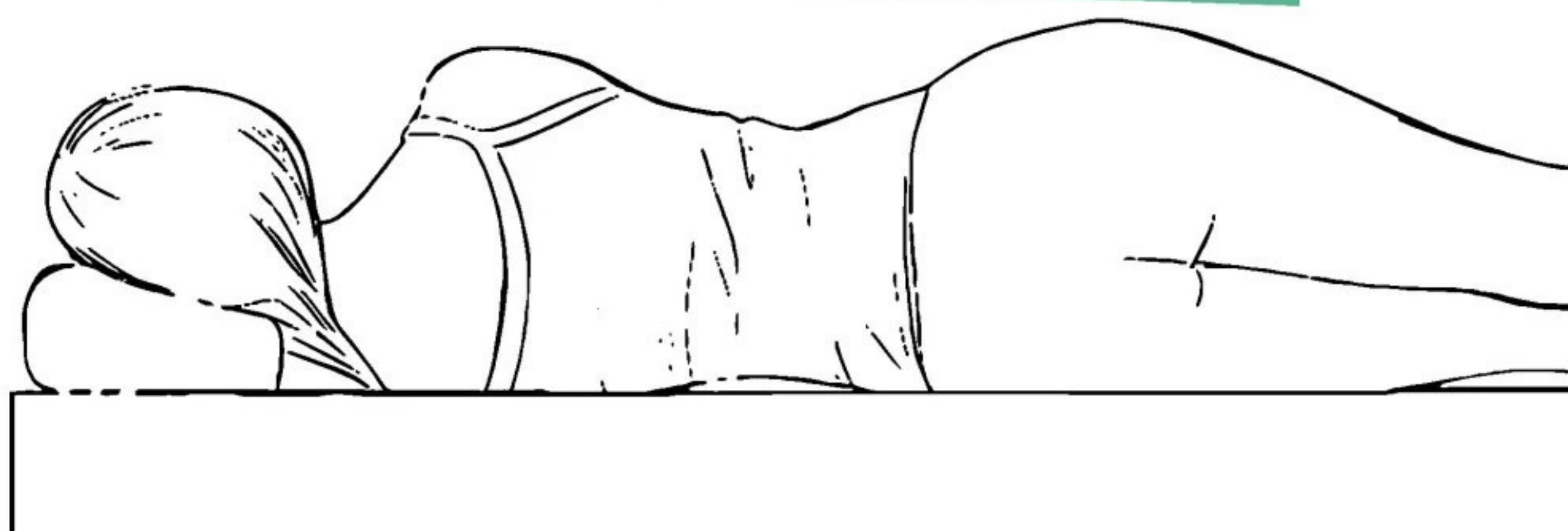
## 3 SOAK

Arsenic is often associated with an Agatha Christie novel, but did you know it can be found on your dinner plate? Rice absorbs it from the soil more readily than other crops and chronic exposure can cause heart disease. But fear not, a study from Queen's University Belfast has found that soaking the grains overnight can help reduce the toxin's levels by up to 80%. "After soaking, wash and rinse until water runs clear," says Dee Brererton-Patel, nutritional therapist at Optimised Personal Wellness. "Cook your rice in a ratio of five cups of water to one cup of rice and drain off excess water when cooked."



## 4 NAP

A little shut-eye might be the secret to keeping your heart happy. A study from the Harvard School of Public Health suggests that taking at least three naps a week for about 30 minutes could mean you're 37% less likely to die from heart disease. But keep it under 40 minutes, as anything more can increase your risk of metabolic syndrome, which can increase your risk.

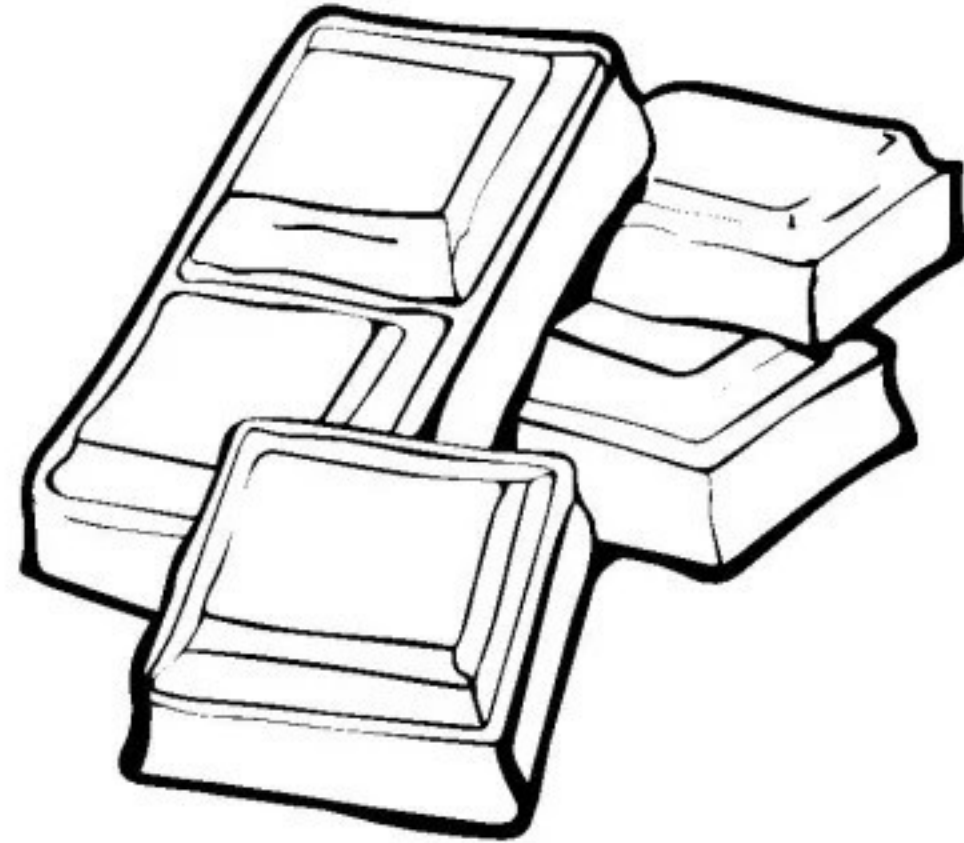




# 5 INDULGE

Good news chocoholics, you can nibble a square or two without feeling guilty. Researchers found that people who ate up to 100g of chocolate a day (about the size of a medium bar) had an 11% lower risk of heart disease. The

dark variety (50-70%) is even better - it's not only rich in flavonoids, which lower blood pressure, but there's evidence that it can help restore flexibility to your arteries.



# 6 MEDITATE

Feeling anxious? Blood pressure soaring? You need to find your 'Om'. The American Heart Association has said that Transcendental Meditation (TM) - a form of mantra meditation

that helps you relax and find so-called 'inner silence' - could help lower blood pressure and the risk of heart attack. "During TM, you simply repeat a mantra in your mind - one word that has no meaning - coming back to it any time you find your mind wandering," explains Ruby Warrington, author of *Material Girl, Mystical World*. "The recommendation is two 20-minute sessions per day."



# 7

## CONNECT

Loneliness and social isolation have been linked to a 30% increase in the risk of coronary heart disease. Diary looking a little empty? Make an effort to book in regular dates with your friends or join clubs to meet like-minded people. Socialising will keep your heart and soul happy.



## 7 million

That's the number of people in the UK living with cardiovascular disease.

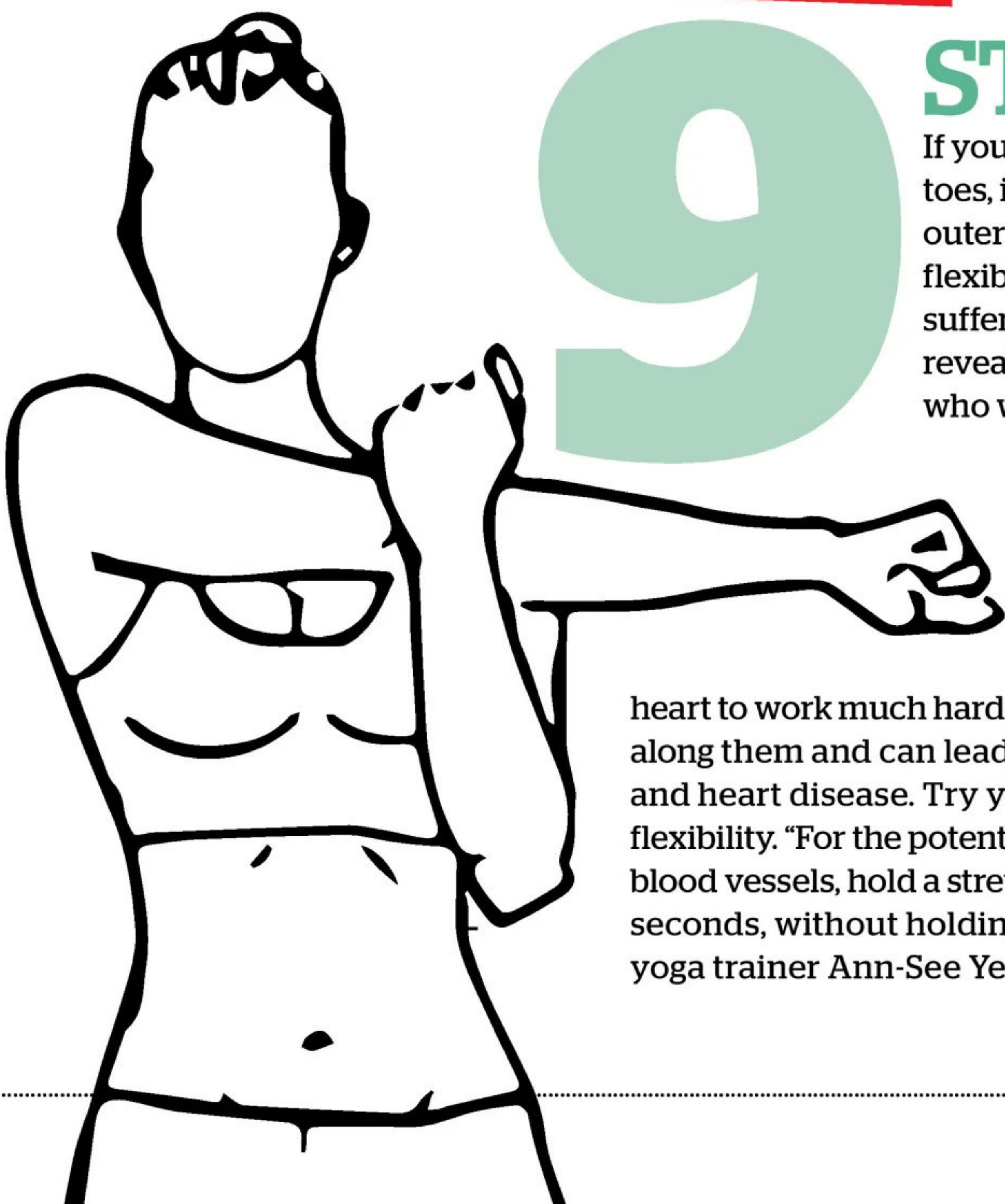
# 8 WALK

Decrease your heart risk by 30-40% just by walking two miles a day. Upping your pace could bring even more benefits too. Researchers from Tufts University in Boston, USA, found that older adults who walked faster than 3mph had a 50% lower risk of heart disease than peers who walked slower than 2mph.

# 9 STRETCH

If you struggle to touch your toes, it might not just be your outer body that's lacking flexibility; your arteries may be suffering too. A Japanese study revealed that people over 40 who were less supple than others had 'stiffer' arteries. Supple ones allow blood to flow freely through the body, whereas 'stiff' arteries need the

heart to work much harder to push the blood along them and can lead to high blood pressure and heart disease. Try yoga or Pilates to boost flexibility. "For the potential positive effects on blood vessels, hold a stretch for at least 30 seconds, without holding your breath," says yoga trainer Ann-See Yeoh.



## TOP 3 HEART HEALTHY FOODS

**SALMON** It's rich in omega-3s, which help keep your blood flowing. Plus, they help lower triglycerides - a fat that can lead to heart disease.

**RASPBERRIES** These berries are loaded with polyphenols - antioxidants that mop up damage-causing free radicals in your body. They're also packed with ticker-boosting fibre and vitamin C.

**AVOCADOS** The lovely creamy texture comes from the good monounsaturated fats in the fruit, which helps lower cholesterol. And they're anti-inflammatory too.





# 9 nutrients you should be eating **NOW!**

You know you need vitamins and calcium, but did you know you should be eating copper? Find out the nutrients you might be lacking...

According to registered dietician Laura Clark ([lecnutrition.co.uk](http://lecnutrition.co.uk)), “Lesser-known but vital nutrients can easily fall by the wayside, whether it’s from eating processed food, little dietary variety or cutting out food groups.”

Another expert, Lucy Jones ([lucyjonesdietitian.co.uk](http://lucyjonesdietitian.co.uk)), adds, “I ask clients to keep a food diary for a week to look at overall variety, and vitamin and mineral intake. You can see the areas they are neglecting and remedy them with, say, some Brazil nuts a few

times a week to top up selenium, or seafood to boost iodine intake.”

Multivitamins aren’t always the answer. “We still don’t know the full story of how nutrients interact,” says Lucy, “so lumping them together may not be best for absorption. Supplements have their place, such as during pregnancy, but otherwise, your best bet is a balanced diet full of fresh food.”



## 1 Iodine

The UK is globally the seventh most iodine-deficient country, one of only two high-income nations in the top 10. Low levels can affect production of thyroid hormones, which control metabolism. “It’s vital for developing brains,” says Lucy. “Pregnant or breastfeeding women need enough.”

### WHAT TO EAT

The richest source is seafood. Dairy, turkey and eggs also have some. Seaweed is a good vegan source (pregnant women should eat no more than one portion weekly).



## 2

## Magnesium

Helps regulate blood pressure and maintain brain function. "A recent study showed that all age groups apart from under-11s don't have a sufficient daily intake," says Lucy. "High-protein diets, too much fat or alcohol can inhibit absorption."

**WHAT TO EAT** Soya beans, walnuts, green leafy veg and dark chocolate.



## 3 Potassium

If you're a fan of processed foods, you could be depriving yourself of this nutrient, and studies show that a quarter of women don't eat enough. "Processed foods lack potassium and are high in sodium," says nutritionist Charlotte Turner (thebluetreeclinic.com). "Potassium offsets sodium's negative effects. It's needed to regulate blood pressure, and for nerve and muscle strength."

**WHAT TO EAT** Good sources include avocados, spinach, apricots, sweet potatoes, squash, baked beans, nuts and bananas.

## 4 Choline

"Like folate, choline is key to the prevention of neural tube defects in pregnancy," says Lucy. "Deficiency also causes kidney and liver problems in adults. As well as people with low intake, we see this when people drink too much alcohol, which leaches water-soluble nutrients like choline from the body."

**WHAT TO EAT** Egg yolks are the richest source of choline. Others include milk, almonds, brown rice, broccoli, cauliflower, soya products and green leafy veg such as spinach.

## 5 Copper

Did you know that you need to eat copper? On average, women between 19 and 64 eat less than the recommended intake. It's involved in the production of haemoglobin - the substance in red blood cells that carries oxygen around the body - and a 2016 study found that it may have a role in burning fat.

**WHAT TO EAT** Sources include shellfish, leafy greens, seeds, nuts, shiitake mushrooms, lentils and beans.

## 6 Vitamin B12

Dairy products and meat are the main ways we get B12 through diet. "So, if you're veggie or vegan, or just don't eat a lot of those foods, you're at risk of deficiency," says Charlotte. "A lack of B12 causes the body to produce abnormally large red blood cells, which can't function properly. B12 also keeps the brain and nervous system healthy."

**WHAT TO EAT** Vegetarian sources include Marmite, fortified cereals and fortified oat, rice and almond milks.

## 7 Folate

You'll have heard of folic acid (the synthetic form of folate) supplements for pregnancy. "But folate is essential for women of all ages, pregnant or not," says Charlotte. "It partners with vitamin B12 to make red blood cells and help nerves to function properly."

**WHAT TO EAT** Leafy greens such as kale and broccoli (folate leaches out when boiled, so steam instead), beans, peas, oranges, strawberries, shellfish, pork and fortified cereals.

## 8

## Selenium

Over half of us don't eat enough selenium. "It's an antioxidant and protects cells from damage," says Laura. "It also works with iodine to produce the right levels of thyroid hormone and is key to immune function."

**WHAT TO EAT** Brazil nuts, poultry, fish and eggs.



## 9 Zinc

"Zinc is essential for a healthy immune system," says Laura. It should be eaten daily because the body doesn't store it, and taking extra as a supplement can be beneficial if you are suffering from a cold.

**WHAT TO EAT** Oysters are full of zinc, but a daily dose might bankrupt you. Zinc is also found in other shellfish, seeds, dairy, eggs, nuts and beef.

## YOUR NUTRIENTS IN A DAY

Charlotte suggests a sample one-day menu that includes all these nutrients. "A nutritionally complete diet is all about cramming veg and fruit in wherever you can, along with a healthy balance of protein and wholegrain carbs," says Charlotte.

**BREAKFAST** Poached eggs on wholegrain bread with some wilted spinach and spring onions. Freshly squeezed orange juice.

**LUNCH** Chargrilled turkey breast (or lentil, feta and bean) quinoa salad with spinach, rocket, avocado and asparagus.

**MID-AFTERNOON SNACK**

Handful of Brazil nuts and two squares of dark chocolate.

**DINNER** Soy-glazed salmon with sesame seeds, broccoli, shiitake mushrooms and rice. Fortified granola berry crumble with natural yogurt.

**DON'T FORGET...**

If you think you have a severe nutritional deficiency, see your GP.



# Do YOU need a POWER nap?

Napping doesn't equal slacking - having a snooze can help boost your wellbeing



**T**here can be a bit of a stigma attached to napping, like it's something you do if you're lazy or can't take the pace. But that thought is becoming outdated these days as the benefits of taking a break become increasingly accepted. So, if having a sneaky siesta is your guilty pleasure, especially when it's hot outside, change your mindset about it - it's a wise investment for your all-round health.

## Three benefits of napping

**1** It calms anxiety. Lack of shut-eye can lead to an excess of the stress hormone cortisol in the body. This can increase glucose intolerance, belly fat and even weaken muscles. Take a nap and you could

help the release of the growth hormone - the antidote to cortisol, which will boost immunity and reduce stress and anxiety.

**2** It helps your heart. Greek researchers have found that a nap could reduce blood pressure and help stave off heart attacks. "Midday naps seem to lower blood pressure levels and may also decrease the number of required antihypertensive medications," says cardiologist Dr Manolis Kallistratos.

**3** It makes you happier. If your mood starts to nosedive, a short nap could lift you out of the blues. Between 20-30 mins is the optimum time needed to increase the happy hormone serotonin.

**45**  
minutes

Under pressure? Researchers at Allegheny College in Pennsylvania, US, have found this length of nap can help lower your blood pressure following a stressful event.

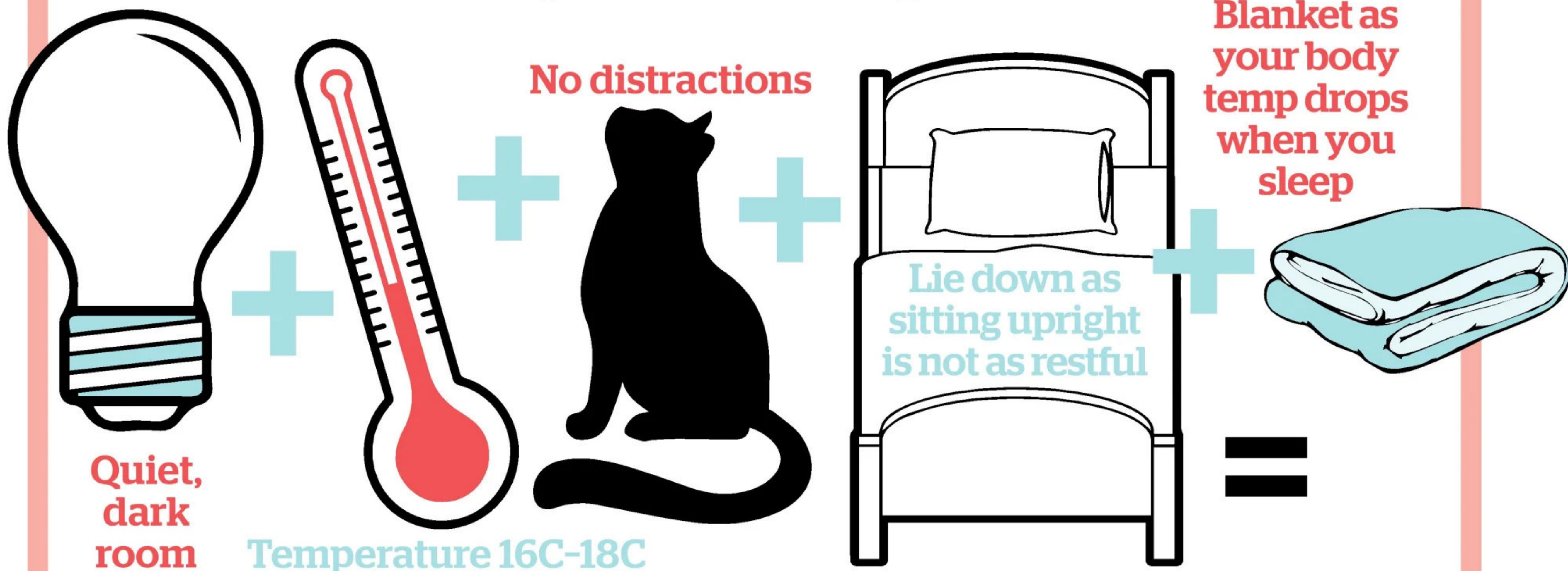
**SIESTA (NOUN):**  
*An afternoon rest or nap, especially taken during the hottest hours of the day.*

## Relaxing sounds for sleep

Try listening to a minute of birdsong, rain or the waves to help you nap with The Sleep Council's Nodcasts. Go to [sleepcouncil.org.uk/nodcasts/](http://sleepcouncil.org.uk/nodcasts/)

**Did you know?** Ben & Jerry's and Google have installed dedicated nap spaces for employees in their offices.

## The formula for your best nap ever





# HOW LONG SHOULD YOU NAP?

**2-5 mins**

Your heartbeat and breathing both calm down as your brain shifts to slower alpha waves, then back to our normal beta waves, which helps to improve circulation which, in turn, can help to reduce fatigue.

**10-20 mins**

Up your nap time to enjoy increased endurance, attention and learning abilities. "A 20-minute power nap will unload working memory so there is less 'untiring' to do at night-time," says Silentnight's sleep expert and physiologist, Dr Nerina Ramlakhan.

**20-25 mins**

Now you enter the deeper stages of sleep where brain waves slow down and body restores itself.

**40 mins +**

**WARNING!** Nap too long and you could be doing damage. Japanese scientists have suggested a link between napping for more than 40 minutes and an increased risk of metabolic syndrome - the medical term for a combination of diabetes, high blood pressure and obesity.

The amount your alertness can be boosted by having a 26-minute nap, according to research on pilots by NASA.

**54%**

## Pre-nap snacks

The foods to help you nod off VS the ones that wake you up

### THE SNOOZE INDUCERS

CHEESE AND CRACKERS  
BRAZIL NUTS  
BANANAS  
CAMOMILE TEA  
MUG OF WARM MILK

### THE WIDE AWAKERS

PROTEIN  
CITRUS FRUIT  
WHOLE GRAINS  
CHOCOLATE  
GREEN TEA

## A SIESTA COULD SAVE YOUR LIFE!

**15** The number of minutes tired motorists should pull over and nap for, AFTER a couple of coffees, according to the AA. This gives your brain a rest and time for caffeine to reach your system.



**2 to 3pm**

The optimum time to have a nap. It makes the most of our circadian rhythms, as that afternoon slump is when post-lunch sleepiness often kicks in.



## The yoga move to help you drift off

- 1 Close your eyes, breathe deeply through your nose - for equal lengths in and out.
- 2 Raise your right hand and rest the first two fingers between your eyebrows. Bring your thumb to rest on your right nostril and your ring finger on your left.
- 3 Exhale fully through both nostrils to empty the lungs. Closing the right nostril with your thumb, inhale through the left nostril.
- 4 Open your right nostril and, closing your left nostril, exhale through the right nostril. Inhale through the right nostril, close and exhale through the left.
- 5 Continue like this, changing sides, for five to 10 breaths. Make each breath as slow and deep as you can.



# HAVE YOU GOT THE

# flex factor?

It's a crucial part of exercise and preventing injuries, but many of us overlook our flexibility. How bendy are you? Take the test to find out...

**C**an you touch your toes? Research reveals 38% of us struggle - a sign we need to loosen up.

"Our entire lifestyle now makes us move less," says Michele Pernetta, founder of Fierce Grace Yoga Studios. "We are sitting and leaning forward all day, at our desks, on our phones, in our cars, even when we sleep!" she continues. And even if you're fit, you might not necessarily be flexible. "Strong, muscly people, such as those who train heavily with weights, runners and cyclists are less flexible due to their muscle mass - the muscle is hard as it has been strengthened in the contracted position," explains Michele.

As our flexibility decreases with age, it's important to get back on track. Take the quiz to put your flex to the test.

**1** Reach right arm behind your head towards the middle of the shoulders. Then, with the left arm, try to interlink your hands together behind your back. Your hands are...

**Touching** ■  
**Almost touching** ■  
**Less than 2in apart** ■  
**More than 2in apart** ■

**2** Stand with hands at your sides, feet together. Keeping legs straight, slowly lean forward to touch floor without jerking. Your hands are...

**Comfortably touching the floor** ■  
**By your feet** ■  
**By your calves** ■  
**By your knees** ■

**3** Kneel with your knees spread wide and lean forward on to forearms. Keeping your arms on the

ground, push bottom back and into your hips. You...

**Can sit back comfortably** ■  
**Can sit back after a few tries** ■  
**Struggle to keep your forearms on the floor** ■  
**Struggle to get your knees wide enough to do the stretch** ■

**4** On the floor, sit with knees bent, feet flat and legs together. Let your knees drop out to either side, keeping the soles of your feet together. Hold your ankles with both hands and pull them towards your groin. Measure the distance from heels to your groin...

**5cm or less** ■  
**10cm** ■  
**15cm** ■  
**20cm+** ■

**5** Stand facing a wall with 10cm between your big toes and wall. Move one foot back so it's a foot's length behind front leg. Bend front knee until kneecap touches wall. Move your foot nearer if it's too easy, or further away from wall if too hard. Measure the distance between wall and toe...

**15cm+** ■  
**12-15cm** ■  
**10-12cm** ■  
**Less than 10cm** ■

**6** Lie on the floor with legs straight out. Lift your left leg up towards the ceiling and keep it as straight as possible. Your right leg should stay on the ground. Repeat on the other leg.

**Raised leg straight** ■  
**Raised leg almost straight** ■  
**Raised leg half bent** ■  
**Raised bent leg** ■



## What's your flexibility factor?

### **MOSTLY ORANGE EXCELLENT**

If you scored mostly orange, you're quite the bendy Wendy! Keep up the good work by regular stretching. "Doing two or three yoga classes a week will maintain what you have achieved," advises Michele. And you might want to concentrate on your strength, she explains: "Being flexible with very little muscle leaves you prone to injury. So weaker flexible people need to build their strength with yoga."

### **MOSTLY RED GOOD**

Your flexibility is pretty good, so you can challenge yourself. Put yourself to the test by deepening your stretches and holding for longer to improve your flexibility further. "It's the maintaining of the strength as well - keeping up your practice will mean you stay strong and maintain muscle mass, which is one of the major factors in longevity," says Michele. Practise daily.

### **MOSTLY BLUE AVERAGE**

Some of the movements might have felt a little tricky, but don't fret, says Michele: "Even a stiff person will have poses they can do that perhaps a flexible person can't." By focusing on your breath as you stretch, you might find you can bend a bit further with regular practice. "Simply stretch to the edge of your comfort zone, but no further, and hold it," she advises.

### **MOSTLY PURPLE COULD BE BETTER**

Feeling stiff? "You'll be amazed you are not alone!" says Michele. Yoga is a great place to start. "The main thing all yoga teachers wish they could dispel as a myth is that you have to be flexible to do yoga. That's what yoga is for! It's to get you flexible, no matter how stiff you are," she says. To improve flexibility, she suggests a heated yoga class to help your muscles become more supple.





# HOW FIT ARE YOU *REALLY?*

Try our test to get a clear picture of your fitness - and if you're not in great shape, find out how to boost it...





## HOW STRONG IS YOUR CORE?

The plank is the best way to test your core muscles, which include your abs, glutes and obliques. Start on your knees and forearms, then raise your body up so only your forearms and toes are on the floor. Keep your whole body in a straight line (like a plank). Time how long you can hold the position.

### How long can you hold it?

- **Less than 20 seconds: Weak**
- **20-30 seconds: Needs some work**
- **30-50 seconds: Strong**
- **1 minute: Very strong**

» **BOOST IT!** The plank is a great way to strengthen your core. Lunges also help, as does anything that destabilises you - try doing squats on a Bosu balance trainer. Pilates is hard to beat for overall core-strengthening.

## WHAT'S YOUR HEART RATE?

Your resting heart rate (RHR) is a great measure of your overall fitness. Too high and your heart has to work too hard to pump blood. Wait until you've been sitting down for a few minutes. Place two fingers on the inside of your wrist, neck or temple. Count the beats for 15 seconds then multiply the number by four to get your RHR.

### Resting heart rate

|                    |                 |
|--------------------|-----------------|
| <b>Super fit</b>   | <b>40-60</b>    |
| <b>Very fit</b>    | <b>60-70</b>    |
| <b>Average</b>     | <b>70-90</b>    |
| <b>Low fitness</b> | <b>Above 90</b> |

» **BOOST IT!** Exercise will help to lower your RHR. HIIT training is a great way to ramp up fitness, but also look out for other ways to be more active - walk as much as you can and take the stairs instead of the lift.

## HOW FLEXIBLE ARE YOU?

Sit on the floor with your shoes off, feet 20cm apart, resting against a cardboard box. Keep your legs straight throughout. Folding forward from your hips, reach as far as you can over the cardboard box and mark the furthest point you can hold for three seconds. If you don't reach the box, you get a negative score, while for reaching onto the box you get a positive score - 0cm is where your feet touch the box.

### Flexibility reach

|                  |                      |                          |
|------------------|----------------------|--------------------------|
| <b>Excellent</b> | <b>+21 to +30cm</b>  | <input type="checkbox"/> |
| <b>Good</b>      | <b>+11 to +20cm</b>  | <input type="checkbox"/> |
| <b>Average</b>   | <b>+1 to +10cm</b>   | <input type="checkbox"/> |
| <b>Fair</b>      | <b>-7 to 0cm</b>     | <input type="checkbox"/> |
| <b>Poor</b>      | <b>-14 to -8cm</b>   | <input type="checkbox"/> |
| <b>Very poor</b> | <b>-15cm or less</b> | <input type="checkbox"/> |

» **BOOST IT!** Yoga is one of the best ways to improve flexibility, so add a weekly class to your regime. Sun Salutations not your thing? Pilates and ballet classes are also excellent for flexibility.

## Flexibility matters

Research has found people who can touch their toes are less likely to have the stiff arteries linked with heart disease.

## IS YOUR UPPER BODY UP TO SCRATCH?

On your hands and knees, get into a semi press-up by putting your palms slightly wider than shoulder-width apart, in line with your chest. Raise your feet off the floor, pull your belly button in and lower your body until your upper arms are parallel to the floor, before pressing up again. Count how many times you can go up and down in a minute.

### Upper-body strength

|                  |                      |                          |
|------------------|----------------------|--------------------------|
| <b>Excellent</b> | <b>17-20 or more</b> | <input type="checkbox"/> |
| <b>Very hard</b> | <b>12-16</b>         | <input type="checkbox"/> |
| <b>Good</b>      | <b>7-11</b>          | <input type="checkbox"/> |
| <b>Average</b>   | <b>4-6</b>           | <input type="checkbox"/> |
| <b>Poor</b>      | <b>0-3</b>           | <input type="checkbox"/> |

» **BOOST IT!** Lots of women have weaker upper-body strength. Don't be disheartened if you get a low score, though, you can build it up. Press-ups, tricep dips, shoulder presses and lat pulldowns should be your go-to exercises in the gym.

## WHAT'S YOUR CARDIO SCORE?

Running is the best way to measure how well your heart and lungs use oxygen, which tells you about your cardiovascular fitness. Try to run a mile (1.6km) and time yourself.

### How long does it take you?

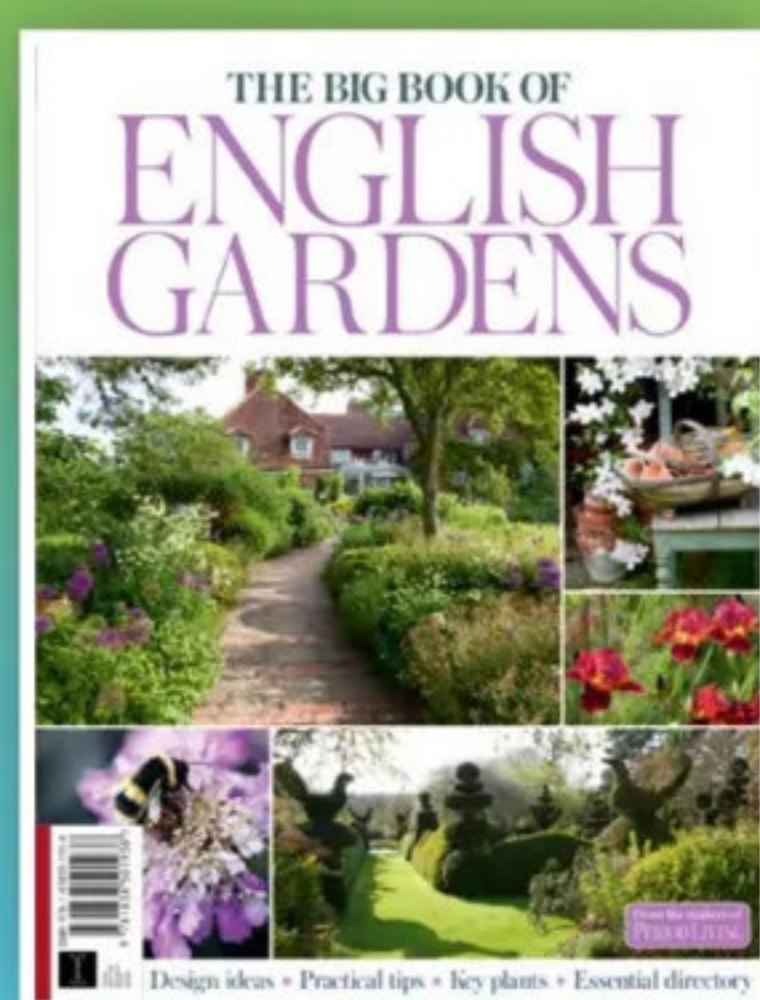
- **I can do it in 10 minutes or less**  
- *you're a star athlete!*
- **It takes me 11-13 minutes**  
- *your fitness is pretty good*
- **I can manage 14-16 minutes**  
- *you need to work on your cardio*
- **Ooof! I get a stitch if I even think about running** - *it's time to get moving*

» **BOOST IT!** Anything that raises your heart rate and gets you slightly breathless improves cardio fitness. Mix it up - cycling, running, swimming, brisk walking and Zumba all count. Exercise at least 150 minutes a week. If you're not used to cardio, build up slowly.

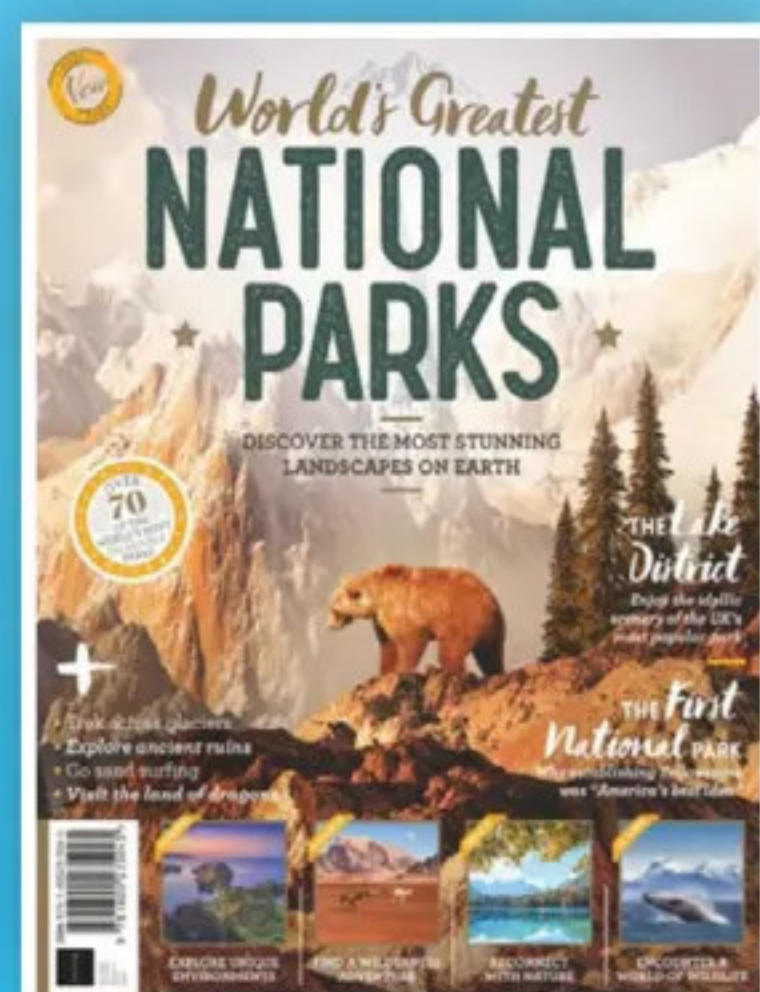
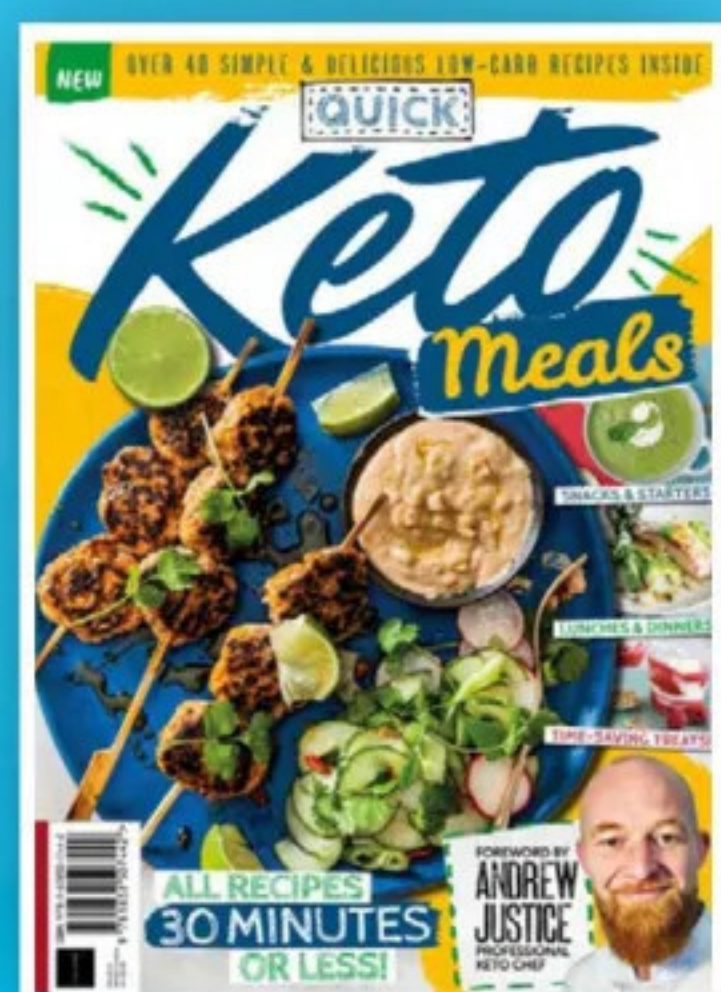




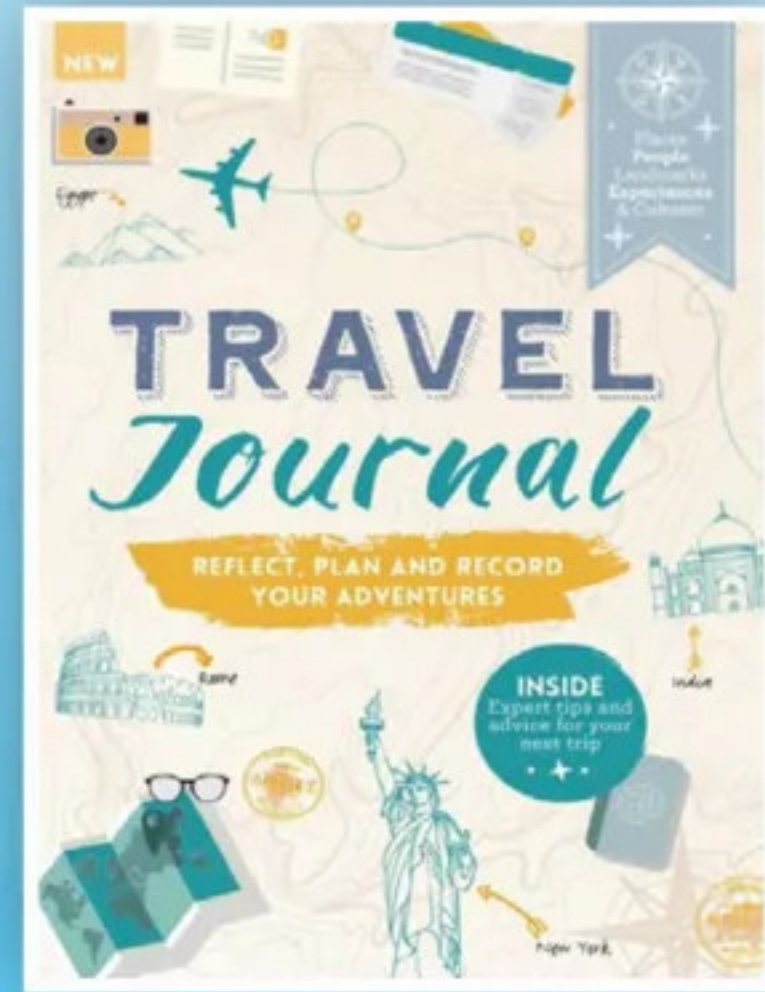
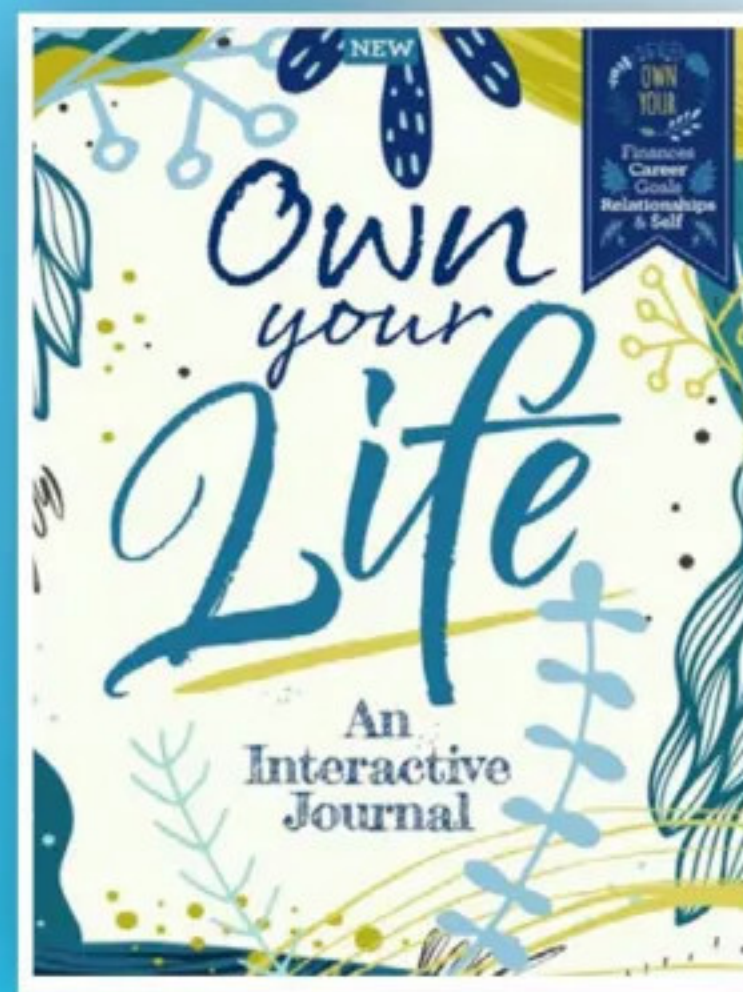
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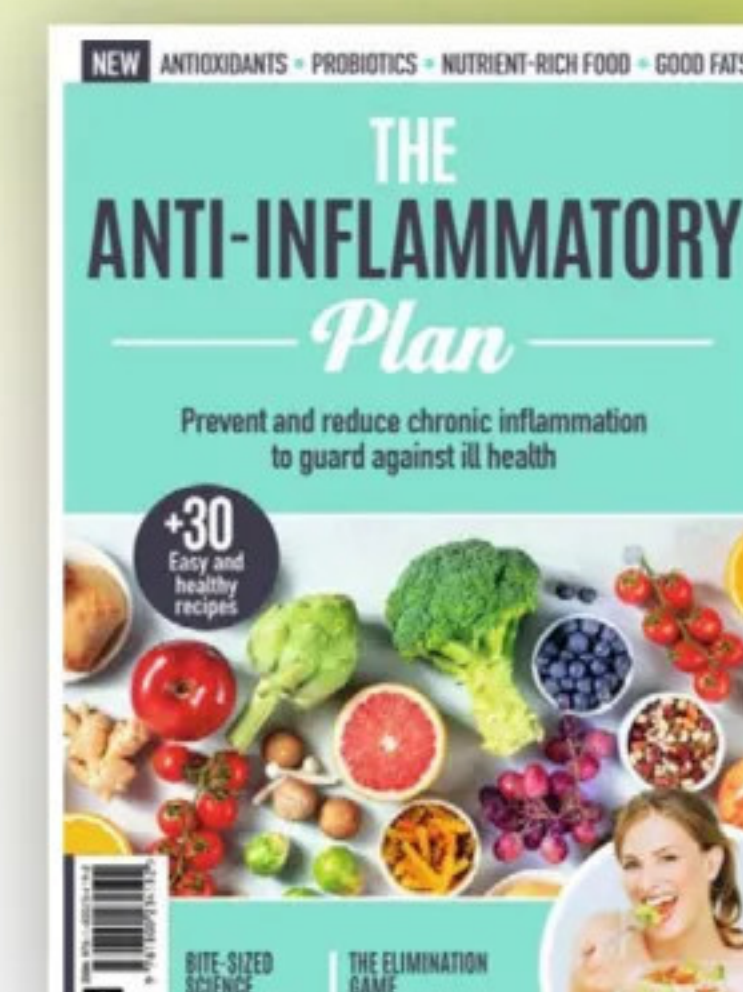
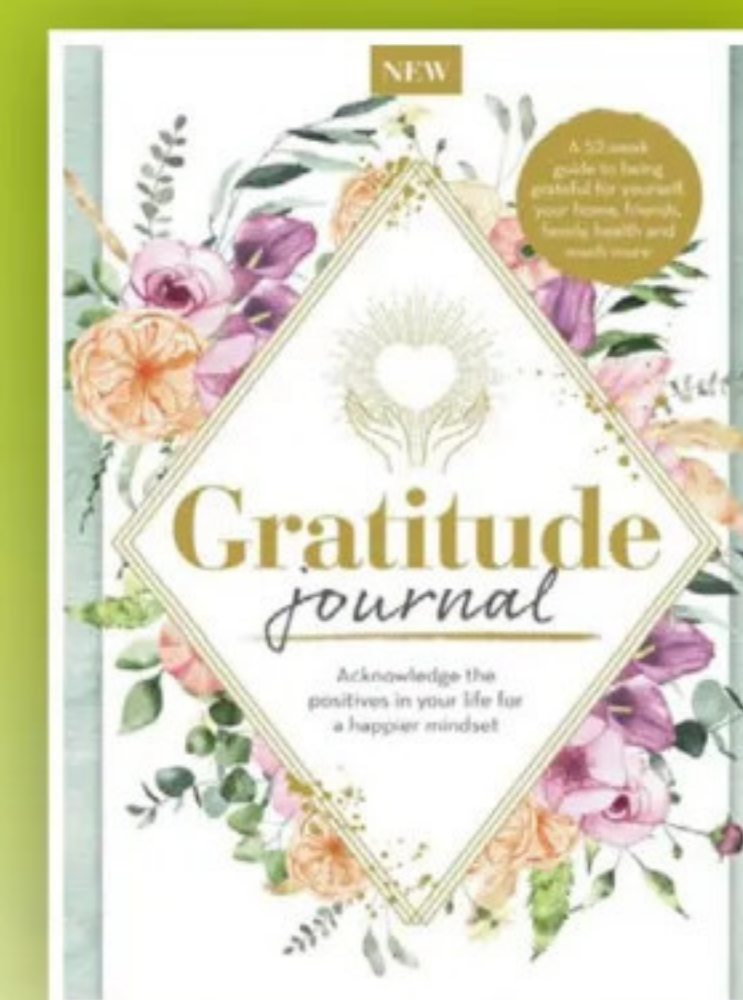


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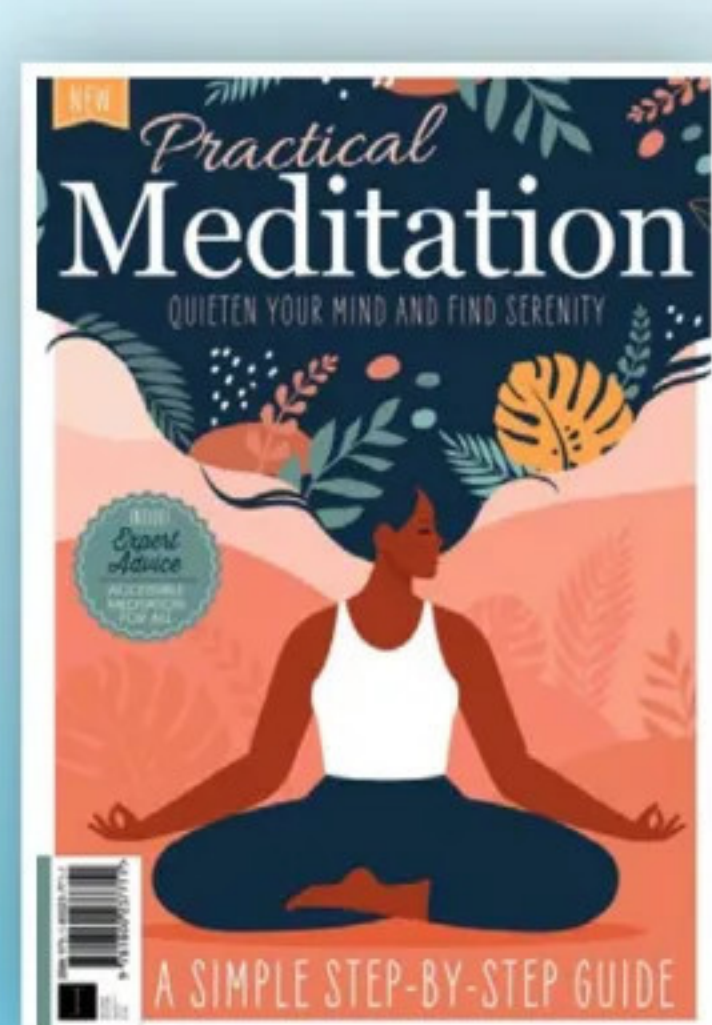
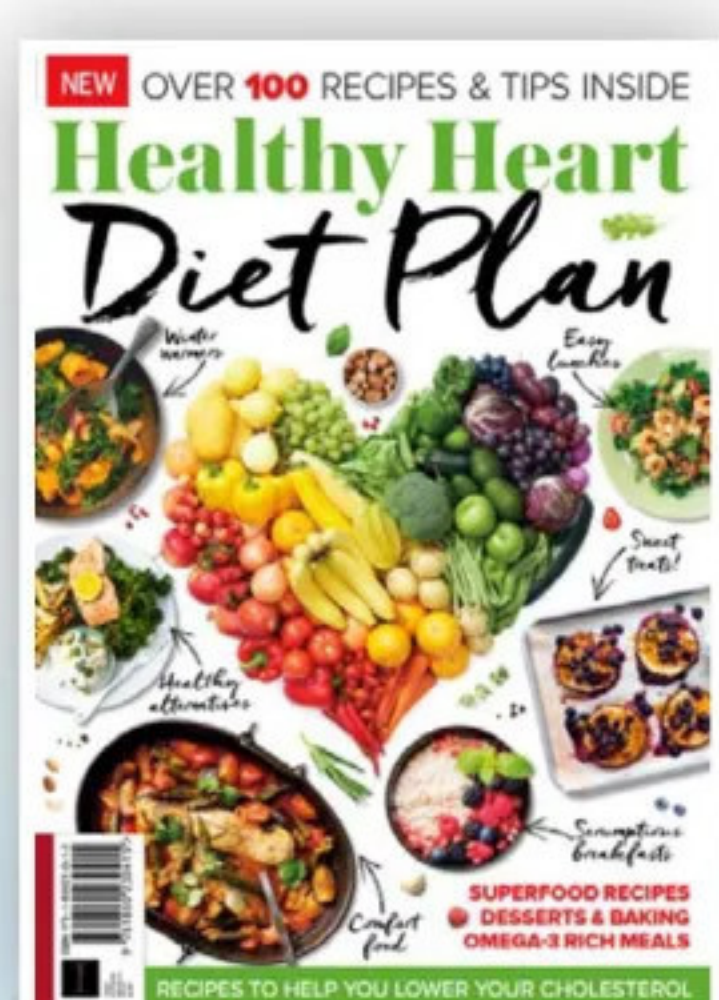
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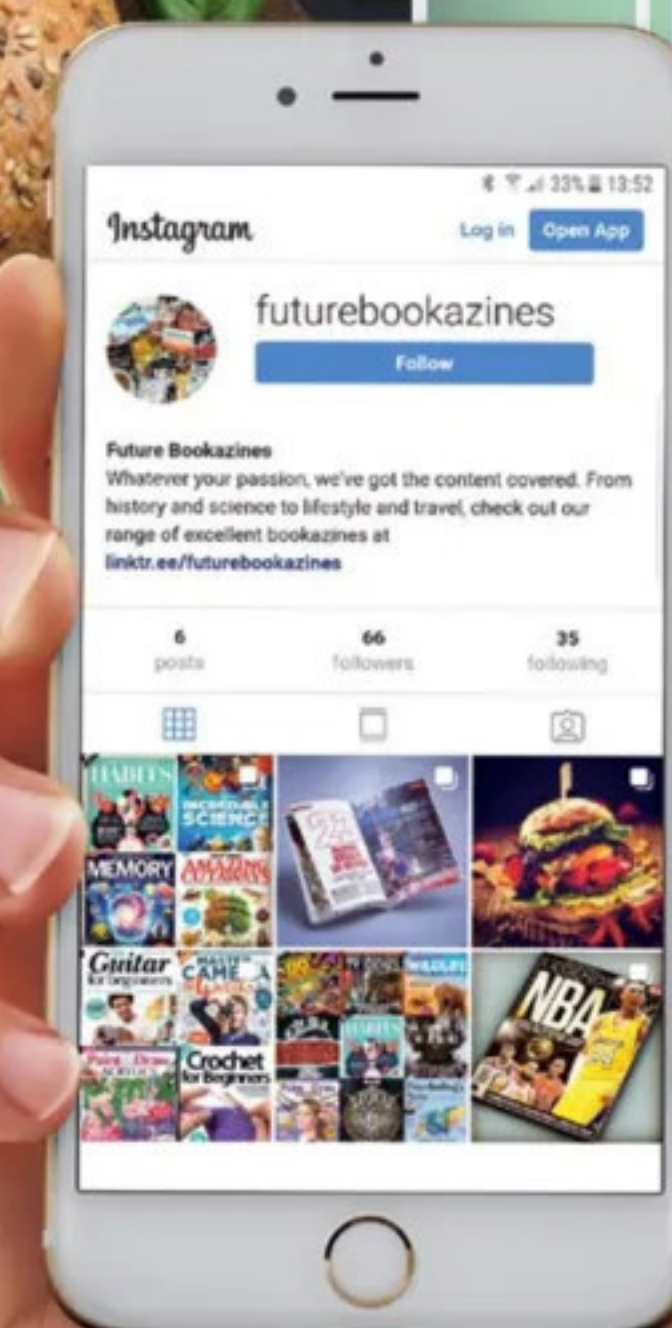


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